

Green Bean, Bacon and Egg Salad



Preparation time: 25 mins

Serves: 4 people

User Rating: ★★★★★

Publication: 22 November 2022

Categories: Quick & Easy, Dinner Recipes

Feeling green?

This Green Bean, Bacon, and Egg Salad packs a veggie punch, complemented by savoury, succulent bacon. In this recipe we decided to change up the egg prep a little bit, opting to grate the boiled eggs. It's a unique texture that we're sure you'll love!

Keep scrolling for the full recipe.



Ingredients

- 4 eggs
- 500g green beans, tailed
- 200g rindless streaky bacon, chopped
- 2 French shallots (or half a small red onion), finely sliced

- 1 clove garlic, crushed
- 2 teaspoons Dijon mustard
- 1 ½ tablespoons red wine vinegar
- 3 tablespoons olive oil
- Salt and pepper

Method

1. Bring a large pan of water to the boil and cook eggs for 6-7 minutes or until medium. Place eggs into cold water to prevent further cooking. Cool and peel.
2. Blanch green beans in boiling water for 3 minutes. Refresh in cold water. Drain well. Transfer to a salad bowl.
3. Cook bacon in a frying pan until golden and crisp. Toss through beans.
4. Combine French shallots, garlic, mustard and vinegar together in a small bowl. Mix well. Whisk in olive oil until thick and thoroughly combined. Season with salt and pepper to taste. Drizzle ¾ of the dressing over the beans and bacon. Toss to mix well.
5. Grate eggs over the top of the salad. Drizzle with remaining dressing. Serve immediately.

Notes

- Prepare beans, bacon, dressing and eggs in advance and keep separate. Store in the refrigerator. Put it together just before serving.
- Add nuts or any herbs.

Nutritional Information

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|--------------|-------------------|---------|-----------|---------------|---------------|---------------|--------|-----------|
| Serving size | Energy | Protein | Total fat | Saturated fat | Carbs (total) | Carbs (sugar) | Sodium | Vitamin D |
| 255g | 1400kj 335kcal | 17.3g | 27g | 7.2g | 4.2g | 2.6g | 667mg | 4.1µg |

All nutrition values are per serve.