

KALE, BACON AND EGG SALAD

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INGREDIENTS

- 6 eggs
- 1 bunch curly kale
- 2 tablespoon light olive oil
- 1/2 teaspoon salt
- 300 g streaky bacon
- 1/3 cup currants
- 1/3 cup pine nuts
- 3 spring onions
- 1 lemon, rind and juice

METHOD

Eggs:

- Place the eggs in a saucepan of cold water. Bring to the boil for 5 minutes.

- Drain and sit the eggs in cold water for 3 minutes.
- Peel and cut eggs into large chunks, set aside.

Kale Salad:

- Remove the stems from the kale leaves, using a sharp knife.
- Tear the leaves into bite size pieces into a large bowl.
- Massage in the oil and salt with your hands, add the lemon juice and rind, toss well.
- Cook bacon in a heavy based pan until crispy, rendering out the fat, cut into small pieces and add to the kale.
- Gently toast the pine nuts in a pan, until golden. Slice the spring onions.
- Add all the prepared ingredients to the kale, toss gently and serve.