

Kale, Bacon and Egg Salad



Preparation time: 30 mins

Serves: 4 people

User Rating: ★★★★★

Publication: 10 March 2015

Categories: Breakfast Recipes, Lunch Recipes



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

1. Place the eggs in a saucepan of cold water. Bring to the boil for 5 minutes.
2. Drain and sit the eggs in cold water for 3 minutes.
3. Peel and cut eggs into large chunks, set aside.

Kale Salad:

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

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
253g	1760kJ 421kcal	25.3g	28.9g	4.7g	13.2g	10.9g	1480mg	4.2g

All nutrition values are per serve.