

BLT Salad

CAL: 262 PROTEIN: 9 CARBS: 16 FIBRE: 5 FAT: 18



BLT Salad



SERVES:

4



TIME:

30 minutes

INSTRUCTIONS

Preheat oven to 200°C/400°F/Gas 6. Line a baking tray with baking paper and place bacon rashers on top. Cook bacon for 15-20 minutes or until nice and crispy.

While the bacon is cooking, chop the vegetables and place them in a large bowl.

Meanwhile, you can prepare the dressing by adding all ingredients to a jug or bowl and mixing well to combine.

Once the bacon is cooked, let it cool down then chop it into rough chunks.

Mix the dressing and bacon through the vegetables and top salad with croutons and avocado.

INGREDIENTS

8 slices bacon

1 red onion, diced

455g tomatoes, diced

2 romaine lettuce hearts, shredded

For the dressing:

3 tbsp sour cream

3 tbsp light mayonnaise

1 garlic clove, minced

2 tbsp fresh chives, finely chopped

Sea salt & cracked pepper.

To serve:

1 avocado, chopped into chunks

90g croutons

MACROS

Calories: 262

Protein: 9

Carbs: 16

Fat: 18

Fibre: 5