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## Warm salad of bacon, egg and kale with sauteed potatoes and mustard dressing

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Serves 4

Preparation time: 5 minutes

Cooking time: 15 minutes

- 200g kale
- 300g waxy potatoes eg Estima, peeled
- 3 tbsp olive oil for frying
- 200g lardons or chopped lean British bacon
- 4 medium eggs

For the dressing:

- 3 tbsp extra virgin olive oil
- 1/2 tbsp balsamic vinegar
- 1 tbsp grain mustard
- 1/2 tbsp runny honey

### Method:

Put the kale into a large saucepan and cover with water. Bring to the boil, add salt and cook for 5 minutes. At the same time, cook the potatoes in another pan of simmering water until just tender. Drain both the kale and the potatoes. When the potatoes are cool enough to handle cut them into slices about 5mm thick.

Make the dressing by simply whisking everything together. Set aside until you need it.

Heat 3 tbsp of the oil in a frying pan. Put the sliced potatoes and the bacon lardons in the frying pan and cook on all sides – both bacon and the potatoes should be golden. Season lightly and carefully toss the kale with the potatoes and bacon to heat through. Add most of the vinaigrette to the potato, kale and bacon mix and toss.

Just before serving poach the eggs then divide the warm salad between four plates, top each one with a poached egg and drizzle the rest of the dressing over the eggs. Serve immediately.

**Alternative suggestion:** Try adding rounds of black pudding for something more substantial, or chorizo for a Spanish flavour.

### Nutritional information:

- 651kcal
- 28g protein
- 54g fat (of which 13g saturated)