



Spinach Ingredient

****Spinach***

Spinach and its leafy green relatives are true superfoods, packing in almost 400% of the recommended daily value of vitamin A in just 1 cup—which is good for your brain and your body.

Get the facts - pg. 106

About the blogger

My Cooking Hut - <http://www.mycookinghut.com>



Leemei Tan

Leemei has always been passionate about food. She comes from Malaysia, the country where culinary diversity is found through its multicultural populations of Malay, Indian, Eurasian, Chinese, Nyonya and the Indigenous people of Borneo.

Her upbringing in a multiethnic society has great influence in her cooking. She is neither a trained chef nor a home economist. Her

style of cooking has always been practical, simple, healthy and delicious. Her travel experiences have also greatly inspired her in creating new recipes. She cooks Asian, Modern French and Franco-Asian dishes.

Spinach Salad Campagnarde-Style

Serves 2

2 cups baby spinach

½ cup cherry tomatoes,
cut in half

3 strips lardons (or bacon), diced

2 eggs

2 medium potatoes, peeled
and diced

A handful of croutons

Dressing:

4 Tbsps extra virgin olive oil

1 Tbsp balsamic vinegar

½ tsp Dijon mustard

Salt and pepper

1. To make the dressing, whisk olive oil, balsamic vinegar, Dijon mustard, and salt and pepper to taste. Set aside.
2. Pan fry the lardons (or bacon) until they are golden brown and crispy. Dice and set aside.
3. Boil the potatoes in a pot of salted water until tender, about 15-20 minutes. Set aside to let them cool.
4. Place eggs in a pot of cold water. Bring to a boil over medium heat, then reduce heat and simmer 12 minutes. Turn off heat and let cool. Remove the shells, then quarter the boiled eggs.
5. To make the salad, combine baby spinach, cherry tomatoes, and potatoes in a salad bowl and toss to mix well. Split between 2 plates. Sprinkle half of the lardons (or bacon) on each salad. Add croutons. Arrange egg quarters on top of the salad. Drizzle dressing over the salad and serve immediately.