

Avocado, bacon and tomato salad

<p>Ingredients</p> <ul style="list-style-type: none">• 6 garlic cloves, unpeeled• 1/3 cup olive oil• 1 1/2 tablespoons balsamic vinegar• 2 teaspoons Dijon mustard• 250 g rind less bacon• 100 g green salad leaves• 1 small red onion, sliced• 2 avocados, cut into 1.5cm chunks• 450 g tomatoes, cut into 1.5cm chunks• salt and pepper	<p>Equipment</p> <ul style="list-style-type: none">• knives• chopping boards• baking trays• measuring cups & spoons• baking paper• large stockpot
<p>What to do</p> <ol style="list-style-type: none">1. Preheat oven to 180deg. Place garlic on baking tray and roast for 30 mins, allow garlic to cool and then squeeze out the flesh and mash in a small bowl.2. Add the olive oil, balsamic vinegar and dijon mustard and whisk well together. Season with salt and pepper.3. Chop bacon into bite sized pieces, then grill or dry fry for 3-5 mins or until crisp.4. Place salad leaves into bowl and add bacon, onion, tomato and avocado. Toss well.5. Whisk the dressing ingredients again to ensure they are mixed well and then pour over salad.	