

BAKED BACON WITH CUCUMBER SALAD



2 persons / 577 kcal per person

Ingredients:

- 400 grams waxy potatoes
- ½ cucumber
- ½ clove of garlic
- 120 ml Greek yogurt
- 125 grams of cherry tomatoes
- 175 grams bacon rashers a la minute
- 1 onion
- pepper and salt

Preparation:

Boil the potatoes in a little water with some salt for 12 minutes (depending on type of potato) until just done. Halve the cucumber. Grate one half on the coarse grater and scoop it into the yogurt with the garlic. Season with salt and pepper. Peel the rest of the cucumber and slice diagonally. Mix the cucumber slices with the cherry tomatoes and the yogurt sauce. Cut the onion into wedges. Cut the pork belly across the meat structure into 1 cm wide strips. Bake them in a roasting or frying pan together with the onion for 6-8 minutes, stirring until done, then add the cooked potatoes and stir-fry for a few minutes. Add the cucumber salad.

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Nutritional value per person:

Energy:	577 kcal
Protein:	23.5 grams
Carbohydrates:	45.7 grams
- including sugars:	9.5 grams
Fat:	32.1 grams
Fiber:	5.9 grams
Salt:	1.3 grams