

Tomato Salad with Spicy Sausage Dressing

Serves 2

Ingredients

2 tsp olive oil
1 red onion, quartered and sliced
85g spicy sausage (Merguez or chilli), skinned and finely chopped
250g ripe tomatoes (mix regular and cherry tomatoes), sliced, halved or quartered depending on size
400g cannellini beans, drained
1 avocado, stoned, peeled and sliced
Good handful baby spinach or rocket
2 tsp sherry or cider vinegar
1 garlic clove, chopped
1 Tbsp chopped oregano, or handful of basil leaves, torn
Crusty bread to serve

Method

1. Heat half the oil in a small pan, add onion and the chopped sausage, cook over low heat until the oils are released from the sausage. Make sure not to burn them.
2. Meanwhile, place tomatoes, beans, avocado and spinach or rocket into a salad bowl.
3. Add remaining oil to pan with vinegar, garlic and herbs, stand back as it will sizzle violently. Remove from heat at once, pour on top of salad, and toss well. Serve with crusty bread.