Popeye sesame salad

NIBBLEDISH CONTRIBUTOR

Ingredients

1. avocado X2
2. mini aspargus
3. mushrooms
4. chopped bacon
5. gruyer cheese
6. spinach
7. sesame
8. olive oil
9. salt
10. garlic

Instructions

Tonight, I wanted to do something with sesame. So I got some and decided to start easy by making a salad.
Peel the avocados and slice them. Place them in a bowl, add some salt and forget about them for now.
Wash the mushroom and the aspergus. Leave the aspergus plain but cut the

mushroom in quarters.
In a pre-heated pan, add some olive oil and throw in all the mushroom. Put the cover on top and let it cook for about 1, shaking the pan time to time.
Throw the chopped garlic in the pan and again, cover it for 1 min. Again, shake it a bit.
On the 3rd minute, add the bacon and add the sesame (be generous). Here's the thing, grilled sesame has a very different taste than raw one. Finally, add the aspergus.
Let everything cook for about 4-5 minutes with high fire. While everything is cooking in the pan, throw the spinach in a bowl and the avocados.
Add the gruyer cheese, some olive oil and mix everything.
Turn the heat off and let it cool down for 3-4 minutes.
Last thing to do is to empty the pan in the bowl and mix everything over again.
That's it! Spinach is good but I guess you could replace with any other kind of green salad.