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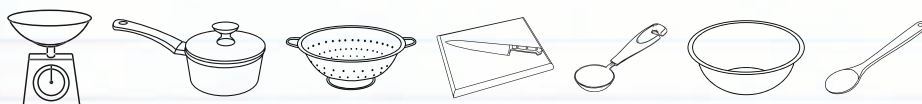
Potato salad

Ingredients

Serves 4

- 500g small new potatoes
- 2 spring onions
- 1 egg (optional)
- 2 x 15ml spoons reduced fat mayonnaise
- 2 x 15ml spoons reduced fat Greek yogurt
- 1 x 5ml spoon mustard
- Pinch of black pepper

Equipment



Method

1. Place the potatoes in a saucepan, cover with water and bring to the boil. When the water is boiling, reduce the heat and allow to simmer for 20 minutes, until soft. Take care.
Optional: Place the egg in a small saucepan of boiling water. Boil for 10 minutes. Remove the egg and allow to cool in cold water. Remove the shell, chop and mix into the salad.
2. Drain the boiling water away from the potatoes using a colander in the sink.
3. Cool the potatoes under running cold water.
4. Finely slice the spring onions.
5. Mix the mayonnaise, yogurt and mustard together in a small bowl.
6. Stir in the potatoes, spring onions and a pinch of black pepper.
7. Place the salad into a serving bowl.



Something to try next time

Add ...

- * Flakes of mackerel
- * A handful of rocket and cherry tomatoes.
- * Slices of red onion and cooked green beans.
- * Grated Cheddar cheese and chopped cucumber.

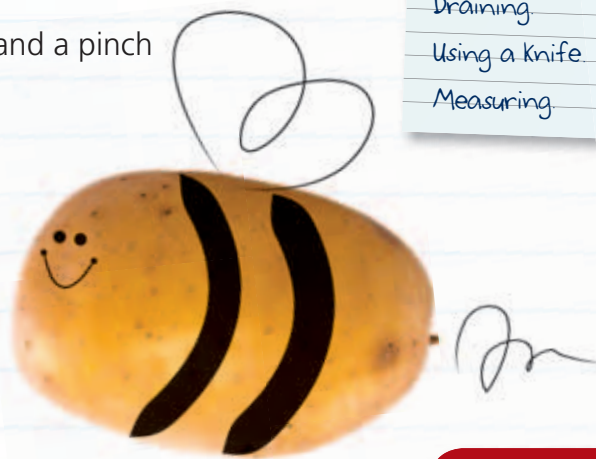
Skills

- | | |
|----------------|-------------------------------------|
| Using the hob. | ☒ |
| Draining. | ☒ |
| Using a knife. | ☒ |
| Measuring. | ☒ |



EAT FOR HEALTH

- * Having new potatoes with the skin left on is a good way to get fibre to keep your gut healthy.
- * Using reduced fat versions of yogurt and mayonnaise makes a healthier dressing - why not try this with other salads as well?



TAKE CARE!

Make sure you've got an adult to help you drain away the boiling water.