

POTATO AND BEETROOT SALAD

Makes 6 servings



This is a perfect salad to go in a lunchbox as it keeps well and is easy to eat

INGREDIENTS	EQUIPMENT
4 tablespoons olive oil juice of ½ lemon 1 tablespoon fresh chives – chopped ground black pepper 400g new potatoes – boiled in their skins and cooled 4 medium-sized beetroot – boiled, cooled, skinned and diced ½ cucumber – peeled and diced	tablespoon dessertspoon fork small bowl saucepan chopping board sharp knife mixing bowl serving bowl

METHOD

1. To make the dressing, combine the olive oil with the lemon juice in a small bowl, add $\frac{2}{3}$ of the chopped chives and season with pepper.
2. Cut the cooked potatoes in half and place in a mixing bowl.
3. Add the diced cucumber and beetroot to the potato in the bowl.
4. Drizzle the dressing over the mixture and garnish with the remaining chopped chives.

RECIPE NOTES AND TIPS

- Leave the skins on the potatoes for added fibre.
- Discard any potatoes that have gone green – they have been exposed to too much light when growing and are poisonous.
- This salad is really tasty served with oily fish like smoked mackerel.

ALLERGY AWARE

This recipe does not contain any of the 14 main allergens.

Per 168g serving

ENERGY
573kJ / 137kcal **7%**

MED **FAT**
7.6g **11%**

LOW **SATURATES**
1.1g **6%**

LOW **SUGARS**
4.5g **5%**

LOW **SALT**
0.1g **2%**

% of an adult's reference intake

Typical values per 100g : Energy 341kJ / 82kcal

NUTRITION INFORMATION		
Typical Values	Amount per 100g	Amount per serving (168g)
Energy	341kJ / 82kcal	573kJ / 137kcal
Protein	1.3g	2.1g
Carbohydrate (of which sugars)	8.0g (2.7g)	13.5g (4.5g)
Fat (of which saturates)	4.5g (0.7g)	7.6g (1.1g)
Fibre	1.9g	3.1g
Salt	0.1g	0.1g