

## Potato Salad

Potato salad is a versatile dish, which can be served either hot or cold. It originates from 17th century Germany.



Egg, milk and mustard\*

Nutritional information per portion (149g):

<b>Energy</b> 475kJ 113kcal 6%	<b>Fat</b> 2.7g 4%	<b>Saturates</b> 0.5g 2%	<b>Sugars</b> 2.3g 3%	<b>Salt</b> 0.33g 6%
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of an adult's reference intake.  
Typical values per 100g: energy 319kJ/76kcal.

### Equipment

Colander  
Saucepan  
Sharp knife  
Chopping board  
Measuring spoons  
Mixing bowl  
Wooden spoon  
Tasting spoons

### Ingredients

**Serves 4**  
500g small new potatoes  
4 spring onions  
2 x 15ml spoons reduced-fat mayonnaise  
2 x 15ml spoons low-fat Greek yoghurt  
1 x 5ml spoon mustard  
Black pepper (optional)

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.

### Method

1. Wash the potatoes and put them in the saucepan, cover with cold water and bring to the boil. Turn the heat to low and simmer for about 20 minutes until they are soft.
2. Cool the potatoes under cold water and drain.
3. Wash, top and tail, then finely chop the spring onions.
4. Mix the mayonnaise, Greek yoghurt and mustard in a bowl.
5. Add the other ingredients to the bowl and mix well.
6. Add black pepper to taste (if using).

### Prepare now, eat later

- Scrub and cook the potatoes in advance, drain and leave to cool.
- Prepared potato salad will keep in the fridge for 2 days.



### Something to try next time

Add one of the following combinations:

- 40g of rocket leaves and 100g of halved cherry tomatoes.
- Finely sliced red onion and 200g of cooked green beans.
- 3 mashed hard-boiled eggs, 3 rashers of crumbled grilled bacon and 10g of finely chopped chives.
- 50g of grated Cheddar and half a finely chopped cucumber.
- Replace the mayonnaise, Greek yoghurt and mustard with 2 x 15ml spoons of olive oil and 2 x 5ml spoons of lemon juice and serve the salad hot.

**Skills used include:**

Washing, measuring, chopping, mixing/combining and boiling/simmering.