



Potato and Beetroot Salad

List of ingredients

3 large potatoes
2 beetroot
 $\frac{1}{3}$ cup frozen peas, thawed
3 hard boiled eggs
2 spring onions chopped finely
 $\frac{3}{4}$ cup plain yoghurt,
unsweetened
2 Tbsp chopped fresh parsley

Feeds 4 people.

How to cook the dish

1. Boil, steam or microwave the potatoes until just tender. Cool and then cut into small cubes.
2. Boil the beetroot until just tender – about 40 minutes.
3. Drain, cool and peel the beetroot then cut beetroot into cubes.
4. Place potato and beetroot, eggs and peas in a bowl with spring onions.
5. Mix through the yoghurt gently.
6. Top with the chopped parsley.