

potato, green bean & watercress salad



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Ingredients:

- 200g green beans, trimmed and cut into 4cm-lengths
- 700g small Nicola, Pink Fir apple, Kipfer or new potatoes, scrubbed
- 4 green onions (shallots), trimmed and thinly sliced diagonally
- 1/2 small bunch watercress, sprigs picked and trimmed
- 1/2 cup walnuts, roughly chopped
- 1/2 cup thick reduced fat natural yoghurt
- 1/4 cup reduced fat salad dressing (like chilli & lime)
- salt and ground black pepper

Health benefits of potatoes:

- Potatoes are high in potassium and vitamin B6, provide some iron and are low in sodium and contain no fat.
- They are an excellent source of vitamin C. One medium potato will provide you with over half your daily vitamin C requirements.

Method:

1. Cook beans in a large saucepan of boiling water for 2 minutes or until bright green and just crisp. Remove beans with a slotted spoon. Refresh under cold water. Pat dry with paper towel and set aside.
2. Add potatoes to the saucepan. Return the water to the boil and cook potatoes for 10–15 minutes or until potatoes are just tender. Drain, refresh under cold water and leave to cool to room temperature.
3. Cut potatoes into bite-sized pieces and place into a large bowl. Add beans, green onions, watercress and walnuts. Toss gently to combine.
4. Combine yoghurt, salad dressing and salt and pepper to taste in a screw-top jar. Shake until well combined. Pour yoghurt dressing over potato salad. Gently toss to combine and serve with barbecue lamb, fish or beef, if desired.

Serves: 6 as a side dish

Preparation: 20 minutes

Cooking: 12–17 minutes