

warm potato, tomato & green bean salad



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Ingredients:

600g Kipfler, Nicola, Spunta or new potatoes, scrubbed and cut into 2cm-thick slices
200g green beans, trimmed
3 medium ripe egg tomatoes, quartered lengthways
2 tbs extra virgin olive oil
2 tbs capers, rinsed
3 green onions, thinly sliced
1/4 cup lemon juice
salt and ground black pepper
125g pitted Kalamata or black olives

HEALTH BENEFITS:

Green beans

- A good source of vitamin C, which contributes to the health of gums, teeth, bones, blood vessels and connective tissues.
- Provides iron, which is important for making red blood cells.
- A good source of dietary fibre, whether cooked or enjoyed raw. Fibre helps prevent constipation.

Method:

1. Place potatoes in a large saucepan of water, cover and bring to the boil over high heat. Reduce heat to medium-high and simmer for 8–10 minutes or until just tender. Rinse under cold running water and drain well. Place into a large heatproof dish and set aside.
2. Meanwhile, cook beans in a small saucepan of boiling water for 3 minutes. Drain and refresh in cold water. Pat dry with paper towel. Add beans and tomatoes to potatoes and toss gently to combine.
3. Heat oil in a small frying pan over medium heat. Add capers and green onions and cook for 1 minute. Add lemon juice and cook until bubbling. Season with salt and pepper to taste.
4. Drizzle potato mixture with hot lemon and caper dressing. Add olives and gently toss to combine. Spoon into a serving bowl and serve.

Serves: 4 as a side dish

Preparation: 20 minutes

Cooking: 20–25 minutes