



ZESTY ZINGY POTATO SALAD (SERVES 2)

INGREDIENTS:

- 500g baby new potatoes
- 2 pickled gherkins
- 2 tbsp capers
- 2 tbsp black olives
- 1 tbsp olive oil
- 1/2 tsp each of chopped parsley and dill
- zest and juice of 1/2 lemon

INSTRUCTIONS:

- Chop the potatoes in half and place in a pan of salted water. bring up to the boil and simmer for 10-12 minutes.
- Finely chop up the capers, olives and gherkins together.
- in a bowl add the oil, lemon juice and zest, caper mix and herbs plus some black pepper and mix well.
- Once cooked drain the potatoes and allow them to steam dry for a few minutes.
- add the dressing to the warm potatoes and combine until well coated.

275 calS 5g P 50g C 10g F