



PINKY BEETROOT AND POTATO SALAD

Preparation time: 20 minutes

Cooking time: 15 minutes

Makes: 4 side portions

For the salad:

150g New season potatoes (or baby potatoes)
3 cooked beetroots, cut into $\frac{1}{4}$
2 spring onions,
1 bag watercress
1 box cress a couple of chopped spring onions

For the dressing:

1tbsp low fat crème fraiche
2tsp mayonnaise
1tsp grain mustard OR ANY MUSTARD WILL DO!
Juice of $\frac{1}{2}$ lemon
 $\frac{1}{2}$ tsp poppy seeds (OPTIONAL)



- Cook the potatoes in salted boiling water until tender.
- Drain and leave to cool a little then slice into bite sized pieces.
- Take a large mixing bowl and whisk together all the ingredients for the dressing.
- Whilst the potatoes are still warm toss them into the dressing along with the spring onions.
- Roughly chop the watercress, fold into the salad with the beetroot the salad might go pink which is fine!
- Just before serving sprinkle over the cress or spring onions and to serve.

