

POTATOES, SPINACH AND SUGAR SNAP SALAD



Serving: 4

Cooking Time: 15 minutes

Prep Time: 10 minutes

INGREDIENTS

- 12 Rosa tomatoes, halved

- 60g baby spinach
- 250g (1 punnet) mange tout, top and tail
- 30g fresh flat leaf parsley, coarsely chopped
- 2 potatoes with skin on, par boiled and quartered
- 1 x 410g red beans, drained and rinsed
- 45ml (3 tbsp) olive oil
- Juice of 1 lemon
- Salt and freshly ground black pepper, to taste

INSTRUCTIONS

1. Mix all the ingredients well together and serve.

This salad one can add to the potatoes any fresh vegetable you like either toss it in a reduced vinaigrette or mayonnaise.