

## YOGHURT, DILL AND RED ONION POTATO SALAD



**Serving:** 4

**Cooking Time:** 20 minutes

**Prep Time:** 5 minutes

### INGREDIENTS

- 700kg red potatoes, skin on and halve

- 250ml (1 cup) low fat plain yoghurt
- 30ml (2 tbsp) Dijon mustard
- 10ml (2 tsp) fresh dill, finely chopped
- Salt and freshly ground black pepper, to taste
- 1 red onion, finely sliced
- 1 avocado, sliced
- 2 large eggs, hard boiled and halved
- 15ml (1 tbsp) dry onion flakes, to serve

## INSTRUCTIONS

1. Put the potatoes into a large pot and cover with cold water. Bring to the boil and boil until just tender, for about 10 minutes. Drain well.
2. Whisk together the yoghurt, mustard, dill, salt and pepper.
3. Serve the potato topped with the yoghurt dressing, onions, avocado, eggs and sprinkle with the onion flakes.

### ***Description:***

Use low fat yogurt as an alternative to mayonnaise. This salad is perfect for a light lunch.