

Red Salad

Serves: 6

Prep time: 15 minutes

Cook time: 10 minutes



2 ½ serve per portion

Ingredients

- 2 large potatoes, cut into 2cm chunks
- 1 medium sweet potato, cut into 2cm chunks
- 2 carrots, diced
- 1 cup frozen peas
- 1 egg, hardboiled
- 1 cup plain yoghurt, reduced fat
- ½ cup of fresh dill, sprigs only, roughly chopped
- Freshly cracked pepper
- 225g can beetroot, sliced
- 3 shallots, finely sliced

Method

COMBINE potatoes and carrots in a large saucepan. Fill the saucepan with enough cold water to cover the contents with water.

BRING to a boil over high heat, then reduce to medium-low and cook until potatoes are easily pierced, about 5 to 6 minutes.

ADD frozen peas in the last minute of cooking.

DRAIN potato, carrots and peas and cool to room temperature.

COOL and slice the hardboiled egg

COMBINE the yoghurt, dill and pepper in a small bowl.

ADD the cooked veggies, shallots, beetroot and hardboiled egg into a large bowl.

STIR through the yoghurt dressing.



Everyday Food

Recipe courtesy of the Country Kitchens team