



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: OLIVES

Around 80% of the calories in olives come from healthy fats. Maintaining a good level of healthy fats in your body is important to long-term health.



## 3. GREEK POTATO SALAD

### WITH SMOKEY JACKFRUIT

This easy salad is the perfect combination of soft and crisp textures, bursting with flavour from the sharp red onion, salty olives and smokey jackfruit.



30 Minutes



2 Servings



Plant-based

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
10g	20g	51g

23 March 2020

## FROM YOUR BOX

BABY POTATOES	500g
CONTINENTAL CUCUMBER	1/3 *
CHERRY TOMATOES	1/2 bag (100g) *
RED ONION	1/4 *
PARSLEY	1/2 bunch *
KALAMATA OLIVES	1 tub (100g)
SPINACH & ROCKET LEAVES	1/2 bag (60g) *
GARLIC	1 clove
SWEET & SMOKEY JACKFRUIT	1 packet

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, dried oregano, balsamic vinegar

## KEY UTENSILS

oven tray

## NOTES

For a warmer salad, cook the jackfruit in a pan for 3-5 minutes until heated through.

Halve the potatoes lengthways or quarter them so they cook faster.



### 1. ROAST THE POTATOES

Set oven to 220°C.  
Halve potatoes. Toss on a lined oven tray with **1/2 tsp dried oregano, oil, salt and pepper**. Roast in oven for 20-25 minutes until cooked through.



### 4. CRUSH THE POTATOES

When potatoes are cooked, crush them lightly with a fork (don't over mash).



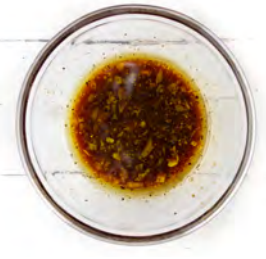
### 2. PREPARE FRESH COMPONENTS

Deseed and slice cucumber. Halve tomatoes. Thinly slice onion. Roughly chop parsley and olives. Set aside with spinach & rocket leaves.



### 5. TOSS THE SALAD

Toss the cooked potatoes with fresh components, jackfruit and dressing.



### 3. PREPARE THE DRESSING

Whisk together **1 tbsp balsamic vinegar** and **1 tbsp olive oil**. Crush in 1 small garlic clove and season with **salt and pepper**.



### 6. FINISH AND PLATE

Divide salad among plates to serve.