



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

 30 Minutes

 4 Servings

 Plant-based

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.

PER SERVE

| PROTEIN | TOTAL FAT | CARBOHYDRATES |
|---------|-----------|---------------|
| 10g | 10g | 49g |

FROM YOUR BOX

| | |
|--------------------------|------------------|
| BABY POTATOES | 1kg |
| CONTINENTAL CUCUMBER | 1/2 * |
| CHERRY TOMATOES | 1 bag (200g) |
| RED ONION | 1/4 * |
| PARSLEY | 1/2 bunch * |
| KALAMATA OLIVES | 1 tub (100g) |
| ROCKET LEAVES | 1/2 bag (100g) * |
| GARLIC | 1 clove. |
| SWEET & SMOKEY JACKFRUIT | 2 packets |

* 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).



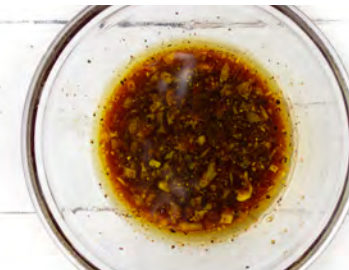
2. PREPARE FRESH COMPONENTS

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