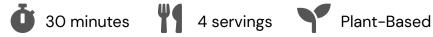




Tuscan Potato Salad

A rustic potato salad with tender green beans, sweet cherry tomatoes, fresh parsley and antipasto mix, finished with a seeded mustard dressing.







Mix it up!

You can add some crispy gem lettuce leaves or spinach and rocket to this salad to stretch it further!

PROTEIN TOTAL FAT CARBOHYDRATES

FROM YOUR BOX

BABY POTATOES	800g
GREEN BEANS	1 bag (250g)
CHERRY TOMATOES	1 bag (200g)
SPRING ONIONS	1/4 bunch *
PARSLEY	1/2 bunch *
KIDNEY BEANS	2 x 400g
ANTIPASTO MIX	1 packet
SEEDED MUSTARD	1 jar
BALSAMIC GLAZE	1 tbsp *

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

olive oil, salt and pepper

KEY UTENSILS

saucepan

NOTES

Rinse the parsley well before using to remove any sand.



1. COOK THE POTATOES

Halve potatoes and place in a saucepan, cover with water. Bring to the boil and simmer for 10-12 minutes, or until tender but still firm (see step 2).



2. BLANCH THE BEANS

Trim and halve beans. Add to boiling water with potatoes for the last 1-2 minutes of cooking time. Drain and rinse under cold water.



3. PREPARE THE SALAD

Halve tomatoes and slice spring onions. Chop parsley. Drain kidney beans and set aside with antipasto mix.



4. MAKE THE DRESSING

Whisk together mustard with 1 tbsp balsamic glaze and 3 tbsp olive oil. Season with salt and pepper.



5. FINISH AND PLATE

Toss cooked potatoes and beans with salad and dressing. Divide among bowls to serve.



