



Recipe

Allotment salad

Ingredients

- 225g [8oz] baby new potatoes
- 140g [5oz] runner beans, sliced, or shelled baby broad beans.
- 2 tablespoons low-fat natural yoghurt.
- 1-tablespoon reduced-calorie mayonnaise.
- 1-teaspoon wholegrain mustard.
- 1-teaspoon snipped fresh chives.
- Freshly ground black pepper.
- 75g [2 3/4oz] radishes, sliced.
- 40g [1 1/2oz] little gem lettuce, shredded.
- 8-10 Cherry Tomatoes, halved.

Step 1

Cook potatoes in a pan of boiling water for 10 minutes; add beans to pan and continue cooking for a further 5 minutes or until potatoes and beans are tender. Drain, rinse under cold water, drain again and set aside to cool completely.

Step 2

In a bowl, combine yoghurt, mayonnaise, mustard, chives and black pepper.

Step 3

Add a dressing to potatoes and beans; toss gently but thoroughly to mix. Add radishes, lettuce, spring onions and cherry tomatoes. Toss again to mix.