Potato salad

Cooked potatoes with skin are full of many vitamins and minerals, such as potassium and vitamin C.

Makes: 8 snack sized portions • Preparation time: 10 mins

Ingredients

- 600g tinned new potatoes (approx. 2 cans)
- 3 spring onions
- 1 small tin sweetcorn
- 3 tbsp low fat mayonnaise
- Handful fresh dill, parsley, chives or mint (optional)
- Pinch of salt and pepper

Equipment

- Sharp knife
- Mixing bowl
- Chopping board
- Tin opener
- Scissors
- Tablespoon

Top tips

- Add some extra colour using chopped pepper or some peas
- Don't be scared of tinned potatoes, they are very nutritious and super quick as they are already soft!
- You could swap the mayonnaise for salad cream

Method

1. Open the tins of potatoes and cut the potatoes in half. You can mash them a little bit with a fork if you like, making a bit of a 'lazy mash' style dish.
2. Put them in the mixing bowl.
3. Drain the sweetcorn, add to the bowl.
4. Wash and snip the spring onions and herbs, then add these to the bowl.
5. Add the mayonnaise and stir all the ingredients together.
6. Finish off with a pinch of salt and pepper to taste.