

# Perfect Potato Salad

Prep: 30 mins  
Cook: 15-20 mins  
Serves: 4  
GF & DF

This is a highly gut-loving salad. All potatoes have been cooked and cooled which increases the resistant starch. This keeps our immune system happy and our hormones in shape. Not to mention the Jerusalem artichokes and sweet potato are right up there with their own star quality. Adding peas to this dish adds extra protein and fibre too. This dish is fibrelicious!

## Ingredients

- 1 large kipfler or nicola potato, cut into 2 cm cubes
- ½ large sweet potato, peeled and cut into 2 cm cubes
- 4-5 Jerusalem artichokes, peeled and 2 cm cubes
- ½ cup green peas
- 2 celery sticks, finely chopped
- 2 spring onions, chopped
- ¼ cup parsley
- ¼ cup fresh mint
- Fresh dill sprigs for garnish
- Salt and pepper to taste
- ½ lemon juiced
- Zest of ½ lemon
- 1 tsp capers
- 4 tbsp vegan or soy mayonnaise

## Method

Boil potatoes and Jerusalem artichoke on a medium heat for 5 mins. Add the sweet potato and cook for a further 5 mins until cooked but still firm. Strain and rinse.

Cook peas in a pot of boiling water with ¼ tsp salt for 5 mins, drain and rinse under cold water. Cut spring onions, celery and herbs. Place all vegetables and herbs in a bowl, add mayonnaise, lemon juice, lemon zest and capers and season with salt and pepper to taste.

