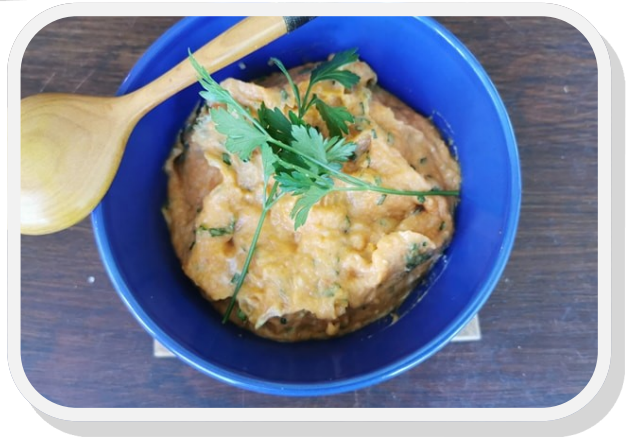




Super potato salad

(Serves 4)



Equipment:

Mini chopper or food processor

Ingredients:

2 medium sized potatoes
1 small sweet potato
1 carrot (peel and cut)
1 small onion (peel and cut)
1 cup of pumpkin (cut roughly) *see note
1-2 cloves garlic
1 cup of chive or spring onion
(chopped finely)
1 boiled egg (hard or soft—as you like)
Salt and pepper to taste

(optional)

Fresh parsley for garnish
1-2 tablespoons mayonnaise or aioli
1 teaspoon balsamic vinegar

Direction

1. Steam onion, potatoes, sweet potato, carrot, pumpkin and garlic until they get soft.
2. Peel potatoes and cut them into bite size pieces.
3. Mix all ingredients in a mini chopper or a food processor until mashed smoothly.
4. Garnish with parsley.

Note: You can put a cup of steamed broccoli or brussels sprouts instead of pumpkin.