

Eat The View

Recipes and Tips

Rainbow Potato Salad

6 to 8 oz of waxy potatoes
4 oz carrot
4 oz peas
4 oz beet root, from your garden or already pickled
2 tablespoons olive oil
2 tablespoons wine vinegar
3 tablespoons Greek yogurt
3 tablespoons mayonnaise
Salt and pepper

1 cm / ¼ inch dice of potatoes, carrots and beetroot
Steam diced potatoes and carrots for 10 minutes and half-way through add the peas.
Cook the beetroot separately.

Make a small vinaigrette dressing of a couple of tablespoons of olive oil and wine vinegar with salt and pepper to taste, turn the hot vegetables into it. Let it cool, with the vegetables picking up the flavours. Depending on whether you are using your own beetroot or pickled beetroot and how much you mind beetroot turning everything pink, you can put the beetroot into the vinaigrette or add it at the end before serving when you are finishinh off the salad.

Before serving mix 3 tablespoons of Greek yogurt with 3 tablespoons of mayonnaise and stir into the dish.