



Soifua Maloloina Potato Salad

Method

1. Place potatoes in a large saucepan. Cover with cold water. Bring to the boil over high heat. Turn heat to medium and cook potatoes, uncovered, for 5 minutes or until tender when pierced with a skewer. Drain. Transfer to a bowl.
2. Combine 99% fat free mayonnaise, lemon juice and mustard in a small bowl. Pour the dressing over the warm potato (potato will absorb flavour while still warm). Stir gently with a plastic spatula (this prevents potato from breaking up) to coat.
3. Add the celery, peas, corn and capsicum and stir gently to combine. Sprinkle over the spring onions and cover with plastic wrap and set aside to cool.

Recipe Information

Number of Serves: 6-8

Preparation Time: 15mins

Cooking Time: 20mins

Ingredients

1-1.5kg potatoes, cut into cubes
2 celery stalks, finely chopped
200g frozen peas and corn, thawed
1 large red capsicum, chopped
3 spring onions, finely chopped
2/3 cup 99% fat free mayonnaise
1-2 tsp mustard
Juice from half a lemon

Soifua Maloloina tips:

- You can use any other vegetables – fresh, frozen or tinned
- When capsicum's not in season, replace it with cucumber or tomato
- Always choose fat-reduced mayonnaise
- Try a combination with boiled egg, tomato and red onion

