

# Secret garden salad

Crisp, juicy and fresh, this salad will liven up your meal as a side dish.



Serves: 6

Time: 25 minutes

## Ingredients

- 500 grams baby potatoes
- 1 crisp lettuce, roughly chopped
- half cucumber, finely chopped
- 2 tomatoes, cut into quarters
- 3 spring onions, finely chopped
- 175 grams carrot, grated
- 175 grams baby turnip, grated
- 2 tablespoons natural yoghurt
- 30 grams French dressing with garlic
- Freshly ground black pepper

## Method

1. Boil the potatoes for about 15 minutes until soft and then leave them to cool.

2. Once the potatoes have cooled, put the lettuce in a bowl or large plate and arrange the rest of the vegetables on top.
3. Then simply put the baby potatoes on top and drizzle with yoghurt and French dressing and season with black pepper.

## Nutritional Information

Each serving provides	Amount in grams
Energy	544 kilojoules/129 kilocalories
Fat	2.7
Saturates	0.37
Sugar	8.1
Salt	0.16

Typical values per 100g: Energy 199kJ/47kilocalories.

The nutritional information stated above is based on each serving of Secret Garden Salad and excludes accompaniments.

Read more on our [Healthy recipes page](#).