



Mridula *Recipe Card*

Potato salad

Serves 4

Potato is an excellent vegetable for a low fat diet as it is 99% fat free and is also a source of carbohydrate which is easily digestible. Besides containing a small amount of protein, potato is a good source of iron, vitamin C and B vitamins.

Method

Boil the potatoes gently in their jackets and let cool. Peel them if you like, then cut them into bite sized pieces. Put into a large mixing bowl.

In a small, heavy pan dry roast the coriander, cumin and chillies. Cool and either grind in a coffee grinder or crush them finely in mortar and pestle. Add this to the potatoes and add the salt, onion and lime juice. Mix well.

Serve topped with the Bombay mix.

Ingredients

- 450g small new potatoes
- 2 tsps coriander seeds
- ½ tsps cumin seeds
- 1 dried red chilli, scissor snipped
- ½ tsp salt or to taste
- 1 red onion, finely chopped
- 2 tbsps lime juice
- 90g Bombay mix