



Did you know?
Potatoes are rich in vitamin C which is an antioxidant. Potatoes were a life-saving food source in early times because the vitamin C prevented scurvy. Another major nutrient in potatoes is potassium, an electrolyte which aids in the workings of our heart, muscles, and nervous system.

METHOD

- Boil the potatoes in salted water for 20 mins until just cooked, then drain and leave to cool.
- Cut the potatoes into chunks, then put into a bowl.
- Add in the shallots, capers and cornichons - if using.
- Add mayonnaise to bind, then mix together the olive oil and vinegar and add just enough to give a little sharpness to the salad.
- Stir in the finely chopped parsley and serve.

Olive Dining

MONTHLY BULLETIN | CHEF'S CHOICE RECIPE

POTATO SALAD

INGREDIENTS

- 800G SMALL JERSEY POTATOES
- 3 SHALLOTS, FINELY CHOPPED
- 1 TBSP SMALL CAPERS (OPTIONAL)
- 2 TBSP CORNICHONS, FINELY CHOPPED (OPTIONAL)
- 3 TBSP MAYONNAISE, OR TO TASTE
- 3 TBSP EXTRA-VIRGIN OLIVE OIL
- 1 TBSP WHITE WINE VINEGAR
- SMALL HANDFUL PARSLEY LEAVES, ROUGHLY CHOPPED