



Peterborough
Environment City Trust



Peterborough Community Services
Health and Social Care

New Potatoes

(In watercress & walnut vinaigrette)

Serves 4

Prep time 10 minutes

Cooking time 20-25 minutes

Nutrients per serving: Calories 293

Carbohydrate 18g, Protein 5g Fat 23g
(Saturated fat 3g)

Ingredients:

- 50g walnuts
- 1 bunch watercress
- 4 spring onions
- 400g new potatoes
- 3 tbsp olive oil
- 2tbsp walnut oil
- 1tbsp red wine vinegar
- Salt & Pepper

Method:

- 1 Crush half the walnuts kernels in a mortar or a food processor. Trim and chop the watercress and finely shred the spring onion.
- 2 Wash the potatoes but do not scrape them. Leave the smallest ones whole but cut the larger ones to the same size as the smallest ones. Cook in salted water until tender.
- 3 Put the crushed walnuts in a jar with the oils, vinegar, salt and pepper and shake well to combine.
- 4 Drain cooked potatoes. Shake the dressing again and toss it gently through the potatoes. Leave to cool.
- 5 Scatter the watercress and spring onions over the salad, toss again then serve the salad with the remaining walnuts.

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