

Crème Fraiche & Crushed Potato Salad (serves 4-5)



Crushed Potatoes

500g potatoes, halved (Maris Piper are a popular choice)

Olive oil

3 garlic cloves, crushed

Pickled Red Onions

½ cup apple cider vinegar

½ cup water

1 tbsp sugar

1tsp salt

1 small red onion, thinly sliced

Crème Fraiche Dressing

½ cup crème fraiche

2 tbsp olive oil

2 tsp Dijon mustard

To serve

Rocket leaves

Baby spinach leaves

Watercress

It's good to know what fruit or veg is in season. As there is more of it Supermarkets will have deals and offers on surplus food. Seasonal food also tastes much better too.
From April, potatoes, rocket, watercress and salad onions all come into season.

Method

- 1) **Potatoes:** Heat oven to 200°C. Cook the potatoes for 10 – 15 minutes in boiling water, until tender. Drain and transfer to a lightly oiled oven tray.
- 2) Once cooled, use the base of a glass to press each potato firmly to slightly crush and flatten them. Drizzle potatoes with oil. Add a little pepper and scatter the garlic. Bake for 20-25 minutes, or until crisp and golden brown
- 3) **Pickled onions:** Put the vinegar, water, sugar and salt in a pot and bring just to the boil
- 4) Place the sliced onion in a bowl and cover with the hot pickling solution. Cool.
- 5) **Dressing:** whisk all the ingredients in a bowl. Season to taste.
- 6) Place the salad leaves and potatoes on a large platter. Dollop over the dressing. Scatter on the onions.