

## **QUICK CURRIED SALAD** (makes 2 portions)

**5 medium potatoes**

**3 dsp mayonnaise**

**1 large garlic clove**

**black pepper**

**2 dsp curry powder**

**1.5 tsp dried parsley**

**1 dsp tamari**

**olive oil**

**1/3 cup sultanas**

**4 spring onions**

**1/2 cucumber**

**1 red pepper**

**75 g salad leaves**

**1 carrot (grated)**

**4 pickled gherkins**

**1 cup cashew nuts**

Cook the **potatoes**.

Mix together all the **ingredients** for the salad dressing. Then add the **sultanas**.

Followed by the **potatoes**.

Add the rest. Stir thoroughly, adding more olive oil if necessary.

- you can also substitute any kind of **beans** for the **cashews, pasta** (180 g), **rice** (1 cup) or **noodles** (180 g) for **potatoes, olives** for **gherkins**, plus add anything else you like.