

## **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.