

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**

fresh herbs in season from the garden. We use chives, yarrow, mint, dill, kale flowers, wild garlic, oregano, wild rocket, and wild sorrel.

Boil the **potatoes** (5-6 mins).

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

Followed by the **potatoes**, mixing thoroughly.

Add the rest, with 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.