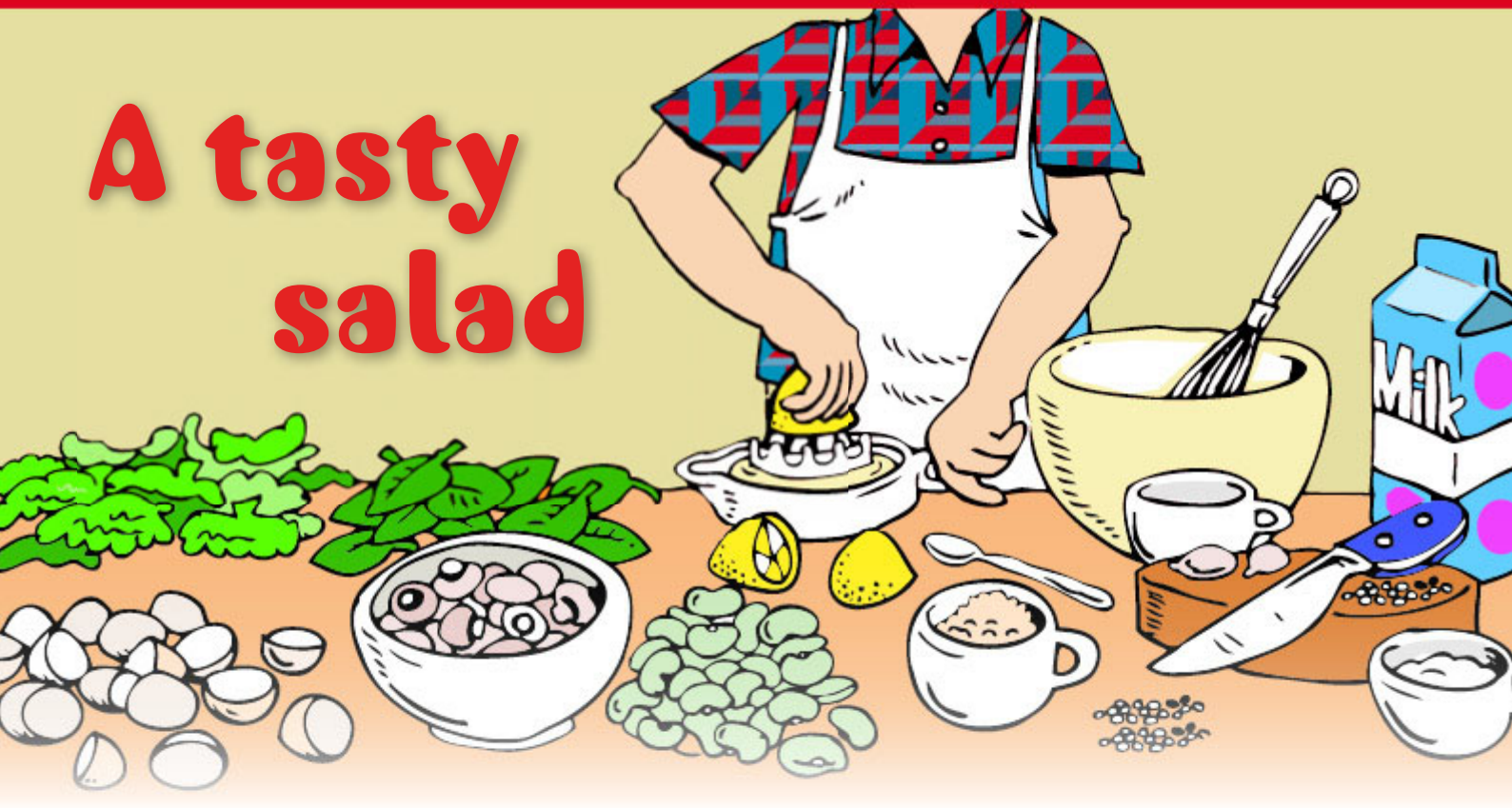
A tasty salad



Serves five.

You will need

250 g frozen broad beans

1 kg small, washed new potatoes

500 g button mushrooms

100 g mixed baby lettuce leaves

100 g baby spinach leaves, trimmed

1/4 cup parmesan cheese flakes

Yoghurt dressing

1/2 cup Greek-style yoghurt

2 teaspoons fresh lemon juice

2 tablespoons wholegrain mustard

2 tablespoons milk

1 crushed garlic clove or *1 teaspoon of minced garlic*

Method

Preheat oven to very hot.

Thaw and peel broad beans.

Cut the potatoes and mushrooms into halves.

Boil or microwave potatoes until soft.

Transfer potatoes to large, uncovered, oiled baking dish. Bake for ten minutes.

Remove dish from oven, add the mushrooms, then bake for another five minutes or until potatoes are brown.

Remove from oven and let stand for several minutes.

Combine potatoes and mushrooms with the lettuce, spinach, beans, cheese and dressing in a salad bowl for serving.

Your tasty salad is ready to be enjoyed!

Dressing

Whisk all ingredients for yoghurt dressing in a bowl until smooth.

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