




### CRUNCHY ROAST POTATO SALAD

Parboiling your potatoes before roasting makes for the crunchiest potatoes ever! Serve cold or hot wherever you are in the world - we guarantee there'll be no leftovers here.

 15 minutes  
 1 hour and 15 minutes  
 4 portions

## INGREDIENTS

- 6 medium potatoes, cut into 2cm chunk
- 1 lemon, juice and zest
- 2 cloves of garlic, minced
- 2 red capsicums, thinly sliced
- 2 red onions, cut into quarters
- 2 cups of spinach, raw (60 g)
- 2 cups of kale, raw (42 g)
- 1 bunch of parsley
- 3 tablespoons of olive oil or coconut oil

## COOKING METHOD

- 1° Preheat the oven to 180°C/350°F/Gas Mark 4 and line two baking trays with baking paper.
- 2° Bring a medium saucepan of water to a boil over a high heat. Add in the potatoes and cook for 7 minutes. Drain in a sieve, shaking up the potatoes so that they roughen up a little. Set aside.
- 3° In a large bowl, combine 2 tablespoons of olive oil, lemon juice and zest, garlic and a few crunches of sea salt and pepper. Add in the potatoes and stir with a spoon to coat well in the marinade. Place on the lined tray and roast for 40 minutes.
- 4° Meanwhile, add remaining oil to the same large bowl. Add in capsicum and onions and coat well. Once potatoes have roasted for 25 minutes, add the veggies to the second tray, spreading out evenly so that no veggies don't overlap. Roast for a further 15 minutes. In the last 5 minutes, switch your oven to the highest grill setting and cook until potatoes have started to crisp up.
- 5° Meanwhile, in a large serving bowl, add in the parsley, spinach and rocket. Once potatoes and veggies are ready, add them to the bowl and stir through the leaves until they are coated in the residual oil from the veg.

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (495 g)	% DRI
ENERGY	79 kcal	392 kcal	20 %
FAT	2 g	11 g	17 %
FATTY ACIDS, TOTAL SATURATED	0 g	2 g	8 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	9 mg	44 mg	2 %
CARBOHYDRATE	14 g	68 g	23 %
SUGARS	2 g	9 g	—
FIBER	2 g	10 g	40 %
PROTEIN	2 g	9 g	—