

## Warm salad dish is bursting with Vitamin Sea

The first of the new potatoes are starting to be harvested and appear in our local greengrocers. This fortnight's recipe showcases them with a slightly unusual coastal partner who is also currently in season, samphire.

Potatoes (a member of the nightshade family including tomatoes, aubergine, and bell peppers) are a good source of potassium, B vitamins, vitamin C, and fibre, and a moderate source of protein. Most of the nutrients, fibre, and protein are found in the skin so it is always best to keep the skins on!

Samphire is rich in vitamin C, A and B vitamins, iodine, calcium, and magnesium. Samphire also contains fucoidans, bioactive compounds found in sea vegetables shown to have anti-inflammatory and antioxidant effects. Samphire can be quite salty, so it is worth washing it lightly before cooking and not adding any other salt to the dish.

### Samphire and new potato salad

(serves 4)

450g new potatoes (washed and cut to be similar sizes)

30g samphire (washed)

2 eggs (hard boiled)

couple of tablespoons extra virgin olive oil

pinch of black pepper



Optional extras: pinch of smoked paprika, finely sliced spring onions.

Cook the potatoes on the hob starting with cold water, not boiling. This is supposed to ensure an even cook all the way through the potato (something I picked up from my grandad, and when it came to potatoes he was always right).

Boil until just soft when tested with a knife. Add the samphire and continue to simmer for 2-3 minutes. Drain well and set aside to cool for a few minutes.

Instead of using mayonnaise I like to use diced hard-boiled eggs and a good quality olive oil to "coat" the potato salad. This increases the protein content of the dish and helps slow the release of sugars from carbohydrates into the blood stream. Dice the eggs quite fine and mix with the potatoes, samphire, olive oil, and pepper so everything is evenly coated and serve still warm, or chilled with leftovers the next day.

A lovey addition to a salad or fish dish.

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