

New potato season is finally upon us and this recipe showcases them in my favourite form – a potato salad - alongside radishes for a little peppery punch. I have to admit I never used to be a fan of radishes, but I love them in this light and fresh take on a classic.

New potatoes are a good source of vitamins C, B1, B5, and B6, folate, copper, and potassium. You can minimise the loss of nutrients through cooking by leaving their skins on, and when you cook and then cool potatoes you decrease their glycaemic response by increasing their resistant starch content. Resistant starch acts as a prebiotic and feeds beneficial bacteria in our guts, so this salad boasts multiple benefits.

Radishes are a member of the brassica family and are also good sources of vitamin C and contain small amounts of many other nutrients including a selection of B vitamins, magnesium, zinc, calcium, manganese, potassium, sodium, copper, and phosphorous.

New potato and radish salad

(serves 4)

400g new potatoes

200g radishes

2 tbsp plain live yoghurt

1 tbsp extra virgin olive oil

Zest ½ lemon

Handful fresh dill (finely sliced)

Handful fresh chives (finely sliced)

Pinch of black pepper

Optional extras: a little mustard, lemon juice, chilli, any other herbs you like

Wash the potatoes and cut into similarly sized chunks (leaving the skins on). Gently boil until tender, drain, and set aside until cool.

Rinse the radishes, top and tail. Then cut any large ones in half lengthways and into half rounds, and the rest just into even thickness rounds.

Mix the yoghurt, extra virgin olive oil, lemon zest (and juice if you are using), the herbs, pepper and any additional extras that take your fancy.

When cooled put the potatoes in a big bowl with the radishes and coat in the yoghurt dressing. You can add extra dressing if you prefer more, personally I like it just lightly coated.

Lovely served alongside mixed salads or even a barbeque (if the weather holds)!

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