

MINT RECIPES



HERBY POTATO SALAD

INDGREDIENTS

- NEW POTATOES (1KG BAG)
- FROZEN PEAS
- 1 GARLIC CLOVE , CRUSHED
- 200ML NATURAL YOGURT
- 1 TSP WHITE WINE VINEGAR
- 1 TSP CASTER SUGAR
- FRESH MINT

METHOD

1. BOIL POTATOES IN A SAUCEPAN FOR 15 MINUTES
2. ADD A HANFUL OF FROZEN PEAS TO THE SAUCEPAN AND COOK FOR A FURTHER 5 MINUTES OR UNTIL ALL POTATOES ARE TENDER
3. DRAIN POTATOES AND PEAS FROM THE AND ADD TO A LARGE BOWL TO COOL
4. MIX TOGETHER GARLIC, YOGHURT, VINEGAR AND SUGAR IN A SMALL BOWL.
5. ADD THE YOGHURT MIXTURE TO THE POTATOES AND PEAS AND STIR THROUGH MINT LEAVES



COURGETTE, FETA & MINT SALAD

INDGREDIENTS

- 2 COURGETTES
- 100G BAG ROCKET LEAVES
- 200G PACK FETA CHEESE (OR VEGETARIAN ALTERNATIVE), CRUMBLED
- SALAD DRESSING (SHOP BOUGHT)
- FRESH MINT

METHOD

1. USE A VEGETABLE PEELER TO CUT COURGETTE INTO RIBBONS
2. ADD ROCKET LEAVES TO A LARGE PLATE
3. CRUMBLE FETA OR A VEGAN ALTERNATIVE ON TOP OF THE LEAVES
4. CHOP MINT LEAVES AND SPRINLE OVER
5. ADD A SALAD DRESSING OF YOUR CHOICE