

NUTRITION: Lazza's Kitchen Adventure

Egg & Potato Salad

**A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever Egg and Potato Salad from scratch**

Whole eggs are nutritionally rich, supplying almost every nutrient you need. They are useful sources of some of the hard to get nutrients like vitamins D and B12, as well as the mineral iodine. Eggs are regarded as a 'complete' source of protein as they contain all nine essential amino acids, which we must obtain from our diet. Eggs are also rich in nutrients that promote heart health, such as betaine and choline.

Ingredients

Onion: Cucumber: Plum Tomatoes:
Grapes: Apples: Sweetcorn:
Lettuce: Peppers: Greek Yoghurt:
Mayonnaise: Lemon Juice: Vinegar.

Potatoes: Greek Yoghurt: Salad Cream:
Parsley

Eggs

The beauty of Salads is that you can put in whatever you want. This is why I have not put quantities in the ingredients list. Just the actual items. You can do what you want.

For this:

I diced the cucumbers, halved the plum tomatoes and grapes, and cubed the apples. Into a large bowl I put the diced up onion, cucumber, tomatoes, grapes, apples, sweetcorn and peppers.

In a separate bowl I poured in mayonnaise, Greek yoghurt, Vinegar, lemon juice (maybe add some paprika, ginger, or whatever - it's your salad).

I poured that mixture into the large bowl and thoroughly mixed it in.

For the potatoes - I boiled up some sliced and diced new potatoes. Drained them and let them cool (I did not peel). Then I added Greek yoghurt, salad cream, and parsley.

The eggs I just boiled and let them cool. Finally, add everything onto the plate. And enjoy!!!



**During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.
Why not try out some new recipes and foods yourself?
More on HMHB recipe pages: www.hmhb2016.org.uk
This was a great and very tasty dish to prepare.**