



# Burley Model Allotments

## Allotment Salad

### Ingredients

- 225g (8oz) baby new potatoes
- 140g (5oz) runner beans, sliced, or shelled baby broad beans
- 2 tablespoons low-fat natural yoghurt
- 1 tablespoon reduced-calorie mayonnaise
- 1 teaspoon wholegrain mustard
- 1 tablespoon snipped fresh chives
- Freshly ground black pepper
- 75g (2 3/4oz) radishes, sliced
- 40g (1 1/2oz) little gem Lettuce, shredded
- 2-3 spring onions, chopped
- 8-10 cherry tomatoes, halved



### Method

1. Cook potatoes in a pan of boiling water for 10 minutes; add beans to pan and continue cooking for a further 5 minutes or until potatoes and beans are tender.
2. Drain, rinse under cold water, drain again and set aside to cool completely.
3. In a bowl, combine yoghurt, mayonnaise, mustard, chives and black pepper.
4. Add dressing to potatoes and beans; toss gently but thoroughly to mix.
5. Add radishes, lettuce, spring onions and cherry tomatoes. Toss again to mix.