



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Parsley


Parsley is good for your eyesight (vitamin A + beta carotene), great for your immune system and can also help with urinary tract infections as it has good diuretic properties.



## 4 Tuscan Potato Salad

A rustic potato salad with tender green beans, sweet cherry tomatoes, fresh parsley and antipasto mix, finished with a seeded mustard dressing.

 30 minutes

 2 servings

 Plant-Based

1 February 2021

## Mix it up!

*You can add some crispy gem lettuce leaves or spinach and rocket to this salad to stretch it further!*

Per serve: **PROTEIN** 23g **TOTAL FAT** 47g **CARBOHYDRATES** 108g

## FROM YOUR BOX

BABY POTATOES	400g
GREEN BEANS	1 bag (150g)
CHERRY TOMATOES	1/2 bag (100g) *
SPRING ONION	1
PARSLEY	1/2 bunch *
KIDNEY BEANS	400g
ANTIPASTO MIX	1 packet
SEEDED MUSTARD	1 jar
BALSAMIC GLAZE	1 tbsp *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil, salt and pepper

## KEY UTENSILS

saucepan

## NOTES

Rinse the parsley well before using to remove any sand.



### 1. COOK THE POTATOES

Halve potatoes and place in a saucepan, cover with water. Bring to the boil and simmer for 10–12 minutes, or until tender but still firm (see step 2).



### 2. BLANCH THE BEANS

Trim and halve beans. Add to boiling water with potatoes for the last 1–2 minutes of cooking time. Drain and rinse under cold water.



### 3. PREPARE THE SALAD

Halve tomatoes and slice spring onion. Chop parsley. Drain kidney beans and set aside with antipasto mix.



### 4. MAKE THE DRESSING

Whisk together mustard with 1 tbsp balsamic glaze and 2 **tbsp olive oil**. Season with **salt and pepper**.



### 5. FINISH AND PLATE

Toss cooked potatoes and beans with salad and dressing. Divide among bowls to serve.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

