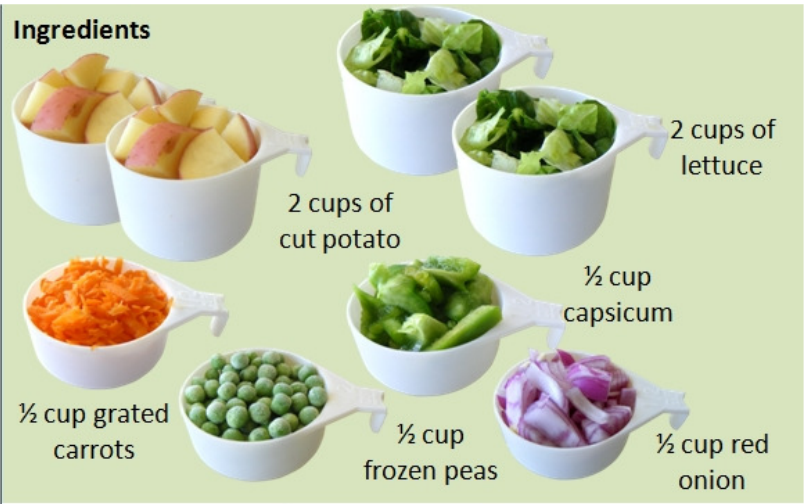
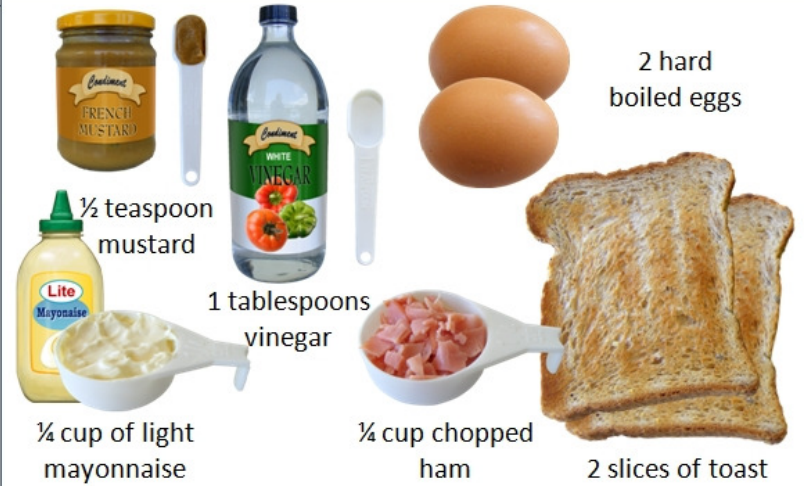


Potato salad - Feeds 2



Equipment



1 Coarsely mash 2 hard boiled eggs and keep for later



2 Dice potatoes



3 Measure 2 cups of potatoes and 1/2 cup of peas **4** Cover and steam for between 10 and 15 minutes



5 When cooked place in a bowl and let cool



6 When cool add capsicum, red onion and grated carrot



7 Mix

8 Add mayonnaise, vinegar & mustard

9 Add ham

10 Mix



11 Add mashed egg



12 Mix



13 Arrange lettuce in a circle



14 Place 1/2 the potato salad in the middle

Good food plate



Serves for potato salad & toast

Vegetables Total serves 5



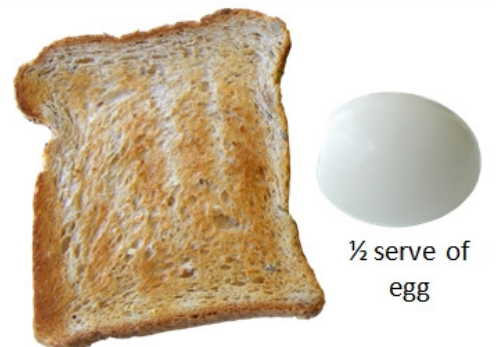
1 serve of lettuce

2 serves of potatoes



1 serve of capsicum & red onion

1 serve of peas and carrots



1 serve of toast

1/2 serve of egg

There is no need to print the following page when printing and using this resource

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You must at all times use your own professional judgement when using this resource

Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions

Key skills:

This resource could be used to support development of the following skills:

- Independently follow a recipe.

Target group:

This resource is designed to be used by Australians of all ages.

Notes:

This resource is designed to be printed A3 size and then laminated.

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