



## Spud Surprise

Serves 10 - 12



### Ingredients:

- 6 medium potatoes
- 2 apples
- ½ cup sultanas
- 4 sticks of celery
- 1 punnet cherry tomatoes
- ⅓ cup low fat natural/Greek yoghurt
- ¼ cup low fat coleslaw dressing
- Small bunch parsley or basil

### Equipment:

- Large pot, stove top, chopping boards, knives, measuring cups, large mixing bowl, large spoon, kitchen scissors

### Recipe Tip:

*Try using roasted sweet potato or pumpkin as an alternative to potato.*

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- 1** Wash potatoes and cook whole in boiling water or microwave until just tender. Allow to cool.



- 2** Wash apples, celery and tomatoes. Cut apples into quarters and remove core, then cut into 1cm cubes.



- 3** Slice celery into small pieces. Cut cherry tomatoes in half. When potatoes have cooled cut into 1cm cubes.



- 4** Combine potatoes, apple, celery, tomatoes and sultanas into large mixing bowl. Remove stems from herbs, then use scissors to cut herbs into bowl.



- 5** Measure out yoghurt and coleslaw dressing into bowl and stir through gently.