Lunch, Indian

Creamy Dill Potato and Pea Salad

Soft boiled baby potatoes and green peas are folded through a creamy whisked curd dressing scented with dill and given a gentle kick from mustard powder. A final sprinkle of finely chopped dill leaves finishes this chilled salad.

25 min	63	12.4 g	3.8 g
time	calories	carbs	sugars



Vegetarian | Nut free

Ingredients, 6 servings

- [ ] 1 cup boiled baby potatoes , peeled
- [ ] 1 cup boiled green peas
- [ ] 1/2 cup hung low fat curds (chakka dahi) , whisked
- [ ] 1 tbsp chopped dill leaves
- [ ] 1/2 tsp mustard (rai / sarson) powder
- [ ] salt (namak) and to taste
- [ ] 2 tbsp finely chopped dill leaves

Method

- [ ] 1 Toss 1 cup boiled baby potatoes and 1 cup boiled green peas together in a serving bowl and refrigerate until needed.
- [ ] 2 Stir together the whisked hung low fat curds, 1 tbsp chopped dill leaves, 1/2 tsp mustard powder and salt to taste to make a smooth dressing.
- [ ] 3 Just before serving, pour the dressing over the chilled potatoes and peas and toss gently until evenly coated.
- [ ] 4 Scatter the 2 tbsp finely chopped dill leaves over the top and serve immediately.

Nutrition Facts

Per serving

Calories	**63**
Total fat	0.1 g
Saturated fat	Not listed
Sodium	22 mg
Total carbs	12.4 g
Fiber	2.5 g
Total sugars	3.8 g
Protein	3.4 g

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