

Create a Beta Low-Carb Potato Salad

— with Chef Sophie Budd —



Spudlite



Budd Loves



A super healthy, super tasting potato salad using Spudlite

25% Less Carbs* – Naturally!

These fuss free, low carb spuds have a soft, no-peel flesh that locks in the goodness for a variety of uses:



Boil



Mash



Bake



Roast



Salad



Spuds

Always Growing

Ingredients:

- ☐ 3 large Spudlite potatoes
- ☐ 1 spring onion, thinly sliced
- ☐ A handful of chopped coriander
- ☐ 1 capsicum, finely diced
- ☐ 1 corn cob, kennels cut off
- ☐ 2 tablespoons of olive oil
- ☐ 1 teaspoon of cider vinegar
- ☐ Salt and pepper

Method:

Wash and then dice the potatoes with skin on, boil in salted water until tender. Drain in a colander steaming the excess moisture then leave for 10 minutes. Mix the warm potato with the other ingredients along with the olive oil, cider vinegar, salt and pepper.



WA grown and produced, Beta Spuds are surprisingly healthy with virtually no fat, far less carbs than you think and more nutrients, vitamins and minerals than many superfoods. You can enjoy this recipe and many more without the guilt!

*25% less carbs compared with commonly available potato varieties.

Learn more at
betaspuds.com.au