

# Mashed Potato Salad

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## INGREDIENTS

4 large potatoes  
3 spring onions white and green part  
1 carrot peeled and cut small  
½ cup peas  
1 celery stalk cut small  
½ cup soy mayonnaise  
2 tbsp rice vinegar  
1 tsp hot mustard  
1 small cucumber cut very small  
1 sheet nori heated on the stove and crunched up  
1 tbsp sesame seeds  
Salt and pepper to taste

## METHOD

1. Peel and cube the potatoes, then cook them in salted water until tender.
2. Cook the onions, carrot, celery and peas in salted water for 3 minutes.
3. Mash the potato, add the onions, celery, carrot and peas and mix.
4. Mix the mayonnaise with the rice vinegar and mustard and fold that through the potato mixture. Add salt and pepper to taste.
5. Serve the potato salad with an ice cream scoop and garnish with nori sheet crumbles and sesame seeds.

*Veet Karen*