

Wensleydale and fresh pea salad

Serves: 4

Time to cook including preparation: 30 mins

Basic Ingredients:

200g new potatoes 150g fresh garden peas

50g spinach 50g Wensleydale cheese, cubed

For the dressing:

1 tblspn of low-fat mayonnaise

1 tblspn of white wine vinegar

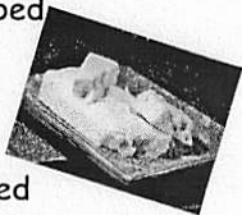
1 tblspn of fresh chives, chopped

1 tblspn of fresh mint, chopped

Freshly ground black pepper

Method:

1. Start by boiling the potatoes, for about 20 minutes, in their skins until they are soft enough to slip off a knife when pricked. The peas should also be boiled until they're just soft
2. While the vegetables are cooking, place the dressing ingredients in a measuring jug and mix lightly using a fork.
3. Then cut the cooked potatoes in half lengthways and mix carefully in a bowl with the cooked peas, salad leaves and Wensleydale cheese.
4. Drizzle the dressing over the salad and serve immediately.



Tips/Information:

- Best served while the potatoes and peas are still warm
- If you use stronger flavoured cheese you will not need to use as much to enhance the flavour for the dish