

# Low FODMAP Potato Salad with Green Beans & Mustard Vinaigrette

Serves: 4-6

Prep: 20 minutes

Cook: 25 minutes



Ingredients	Metric	Imperial
New/baby potatoes	500 g	17.6 oz
4 rashers lean bacon, sliced thinly	120 g	4.2 oz
Green beans	400 g	14.1 oz
2 Tbsp chopped chives	8 g	0.3 oz
2 Tbsp chopped parsley	8 g	0.3 oz
¼ cup roasted walnuts	30 g	1.1 oz
4 Tbsp garlic infused olive oil	72 g	2.5 oz
2 Tbsp balsamic vinegar	42 g	1.5 oz
1 tsp wholegrain mustard	2.8 g	0.1 oz
½ tsp dijon mustard	1.4 g	0.05 oz
8 twists of black pepper		

## Method

1. Slice potatoes in half or quarters (depending on size) and place in a large pot. Cover with cold water and bring to a boil. Turn down the heat to a slow boil and cook for 12 to 15 minutes - until fork tender. Drain and set aside to cool (ideally refrigerate overnight).
2. Trim green bean ends and cut green beans in half.
3. Steam/boil green beans for 3-4 minutes until just tender. Drain and set aside to cool.
4. Cook bacon in a small frying pan until crisp. Drain on paper towel to remove any excess fat.
5. Prepare vinaigrette by whisking together olive oil, balsamic vinegar, mustards and black pepper.
6. Finely slice chives and parsley and set aside.
7. In a large salad bowl combine potatoes, green beans, bacon, chives, parsley and walnuts. Dress salad with vinaigrette and toss to coat evenly. Refrigerate salad until ready to serve.

## Hints

- Vegetarian/vegan? Swap bacon for extra low FODMAP vegetables like radish slices or baby spinach leaves
- Want extra protein? Add a few hard boiled egg halves and/or an extra handful of walnuts to your salad

Nutrition Information (per serve)	
<b>Energy</b>	1005 Kj / 240 cal
<b>Protein</b>	7.70g
<b>Carbohydrates</b>	13.70g
<b>Sugar</b>	2.80g
<b>Total Fat</b>	16.50g
<b>Saturated Fat</b>	2.20g
<b>Fibre</b>	5.60g