

# Potato, Beetroot and Egg Salad

---

**7** REGULAR

**6** SOFT & BITE-SIZED

Serve salad in bite sized pieces no bigger than 1.5cm x 1.5cm

**5** MINCED & MOIST

Mash salad until soft and moist with no separate thin liquid, lumps must be no bigger than 4mm

**4** PUREED

Blend to a smooth consistency upon completion.

In Collaboration with



**HALFF**

[www.eatingwithdignity.org](http://www.eatingwithdignity.org)

# Potato, Beetroot and Egg Salad



## Shopping List

- 1 hard boiled egg
- Mayonnaise or dressing
- 1/2 boiled beetroot
- 4oz (100g) hot/cold boiled potatoes cut into chunks



## Directions

1. Finely chop the hard boiled egg and beetroot.
2. Toss the all the ingredients together with the dressing or mayonnaise.
3. Serve as is, or mash or puree to desired consistency.