

fuss free flavours

tasty stuff without the fuss



Recipe: Miso Potato Salad

This is more of an idea than a recipe, adapt according to what vegetables you have in the fridge.

Ingredients

Salad Potatoes – cooked and sliced
Handful French Beans - optional

For the Dressing

Equal quantities

Brown miso (I used barley)
Tamari or soy sauce
Sesame Oil
Lemon Juice
Mirin

Tahini – optional to thicken

Method

Whisk the dressing ingredients together. I know tahini is not Japanese, but it thickens the dressing nicely.

Steam the beans for 2 minutes and then plunge into cold water.

Pour the dressing over the potatoes and beans and mix well.

I topped with some furikake (a mix of sesame seeds and ground seaweed – it can contain fish – so read the label if you are vegetarian)

Keeps in the fridge for a few days and is delicious for a packed lunch.

