

# Big Ham Salad

## Ingredients

- 200g(100g) peas, defrosted
- 250g(125g) ham, shredded
- 2(1) Little Gem lettuces, leaves separated
- bunch spring onions, sliced
- 300g(150g) cooked new potato, sliced
- small bunch mint, roughly chopped
- 150ml(75ml) natural yogurt
- 1(½) tsp sugar



## Method

1. Cook peas in boiling water for 1 min. Drain and rinse under cold water.
2. Toss with ham, leaves, spring onions, potatoes and two-thirds of mint.
3. Mix remaining mint with yogurt and sugar. Drizzle over salad

## Notes

Serves 4

Nutrition: per serving

kcal	fat	saturates	carbs	sugars	fibre	protein	salt
217	5g	2g	23g	7g	4g	20g	1.8g