

Potato and Egg Salad



Serves	4-6
Prep time	30 minutes
Cook time	30 minutes
Total time	1 hour
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Gluten Free , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Lunch , Salad
Misc	Child Friendly , Pre-preparable , Serve Warm

Ingredients

- 5 Medium large, old potatoes (peeled and chopped)
- 3 hard boiled eggs (peeled and sliced)
- 2 spring onions (finely sliced)
- 2 heaped tablespoons mayonnaise (refer to Basic page)
- Salt (to taste)

Directions

1. Cook the potatoes until just tender (boil, microwave or steam), drain and set aside to cool slightly.
2. Stir in the mayonnaise and spring onions, add the eggs and season with salt.
3. Serve immediately while still warm, or refrigerate until 20 minutes before needed then allow to sit at room temperature before serving.

Note

Low Chemical / FAILSAFE

You can add other tolerated ingredients to this recipe, for example beans, chick peas and peas (glutamates).

Refer to the Basics page for [mayonnaise recipes](#). As an alternative to mayonnaise, natural yogurt can be used, if tolerated.