

B-well



Our mayos are made from canola oil which means they are very high in omega-3.



Here's why this is an ingredient for better living:



Creamy Veggie

Potato Salad

Ingredients:

- + 500 grams baby potatoes, halved
- + 1 cup frozen peas
- + 1 red pepper, diced
- + 1 cup whole kernel corn
- + 2 diced carrots

For the dressing:

- + ½ cup B-well Thick & Creamy Mayonnaise
- + 2 tablespoons B-well Canola Oil
- + 1 spring onion, finely chopped
- + ¼ teaspoon ground cumin
- + Salt and pepper to taste

Instructions:

1. Boil the halved baby potatoes in a large pot.
2. After 15 minutes, add the frozen peas to the pot and cook until the potatoes are soft. Allow them to cool.
3. Dice the red pepper and mix it with the corn and diced carrots.
4. In a separate bowl, combine the dressing ingredients. Season with salt, pepper, and ground cumin.
5. Mix the dressing with the potato salad and vegetable mixture, gently stirring until well coated.
6. Serve and enjoy your nutritious salad!

Hey parents, this recipe isn't just tasty – it's a **nutrition-packed** wonder! B-well mayo and canola oil add good-for-you fats, while peas deliver **nutrients** and **vitamins**. The baby potatoes are loaded with **vitamin C** and **potassium**, and red peppers are full of vitamins A, C, and **powerful antioxidants**.

