

Helergon Kitchen

Sumac Potato Salad

Tangy sumac-kissed potatoes with fresh herbs for a light, uplifting side.

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Middle Eastern-American Fusion** Cuisine

Ingredients

Main Ingredients

- [ ] 1½ lbs small new potatoes, washed and quartered
- [ ] ¼ cup extra-virgin olive oil
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tsp sumac
- [ ] 1 tbsp honey (or agave for vegan)
- [ ] ¼ cup fresh parsley, finely chopped
- [ ] Salt and black pepper to taste

Instructions

1. Place the quartered potatoes in a pot of cold water, add a pinch of salt, and bring to a boil.
2. When the water rolls, reduce to a gentle simmer and cook until potatoes are fork-tender, about 12-15 minutes.
3. While the potatoes cook, whisk together olive oil, lemon juice, honey, sumac, salt and pepper in a large bowl.
4. Drain the potatoes and let them steam dry for a minute; while still warm, toss them gently into the dressing.
5. Fold in the chopped parsley and give one last light toss, then sprinkle a final pinch of sumac on top.

Nutrition per serving

210 kcal	4 g	28 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a cooler salad, let the potatoes chill in the fridge for 10 minutes before adding the dressing.
- Adjust honey to taste; a little goes a long way with the bright sumac.
- For extra crunch, sprinkle toasted pine nuts or sliced almonds just before serving.