

SIDE DISH

Grilled Potato Salad with Parsley Pesto

12 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
40 min	10 min	30 min	6	\$1.81	266 kcal

Grilled Potato Salad with Parsley Pesto takes roughly 40 minutes from beginning to end. This side dish has 266 calories, 4g of protein, and 18g of fat per serving. For \$1.81 per serving, this recipe covers 17% of your daily requirements of vitamins and minerals. This recipe serves 6.

Ingredients

- ☐ 1 tablespoon capers
- ☐ 1½ cups fresh parsley leaves
- ☐ 1 tablespoon coarsely ground black pepper, plus 1 teaspoon
- ☐ 6 tablespoons olive oil, divided
- ☐ ¼ cup pine nuts
- ☐ 6 servings Water
- ☐ 1½ pounds fingerling potatoes, cut in 1/2 lengthwise
- ☐ 1 tablespoon chopped garlic
- ☐ 1 tablespoon lemon juice
- ☐ 2 tablespoons fresh oregano leaves
- ☐ 1 tablespoon salt, plus 1 teaspoon, plus more for potato water

EQUIPMENT Food processor, Bowl, Frying pan, Sauce pan, Grill

Method

- 1

Preheat the grill to medium.
- 2

In a large saucepan, add the potatoes and cover with water. Salt the water and bring to a boil over medium heat. Cook until slightly tender; about 15 to 20 minutes.

- 3 Remove the potatoes from the water to a bowl and let cool. Season with 3 tablespoons of olive oil, 1 tablespoon of salt and 1 tablespoon of pepper. Arrange on the preheated grill and mark for 1 to 2 minutes on each side.
- 4 Remove to a serving bowl and reserve.
- 5 In a small saute pan, toast the pine nuts over medium heat until lightly browned.
- 6 Remove from the heat and set aside. Cook's Note: No need to oil the pan; pine nuts are coated with oil already.
- 7 Add the parsley, oregano, lemon juice, garlic, capers, 1 teaspoon of both salt and pepper, 3 tablespoons olive oil, and the pine nuts to a food processor. Pulse until the mixture forms a smooth paste.
- 8 Add to the potatoes and toss to coat well.
- 9 Serve at room temperature or cold.

Nutrition per serving

266	4 g	18 g	24 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			2.3 g · 14% of daily needs
Fibre			4.3 g · 17% of daily needs
Sugar			1.4 g · 2% of daily needs
Sodium			65.4 mg · 3% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			44.3 mg · 54% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/grilled-potato-salad-with-parsley-pesto-142249