

Tomato salsa



Serves: 4 

Equipment: 

Chopping board,
mixing bowl,
sharp knife,
blender,
teaspoon

Ingredients:



- 4 medium tomatoes
- 1 green pepper
- 1 red onion
- 2 garlic cloves, diced
- 2 small chillies, diced (optional)
- Small handful of coriander
- Juice of 1 lime
- 1 tsp. olive oil

Method: 

1. Finely dice tomatoes, green pepper and red onion and add to a mixing bowl. Add the diced garlic, diced chilli (optional), coriander, lime juice and olive oil.
2. You can blitz using a blender until the mixture reaches your preferred texture or just eat it as it is.