

Kitchen Garden at Collingwood College Term 1-Menu 3

Name of Recipe: Tomato, Cucumber & Herb Salsa

Volunteer Notes: This is a chunky salsa and the students will use a mix of tomatoes.

From our garden: parsley, mint, tomatoes (include green), cucumber, edible flowers

What to collect	What to do
Tomatoes-washed-small dice 2-3 cucumber-washed- seeds removed & small dice Olive oil 1 x lemon, zested and juiced 1x garlic clove, chop finely Ground pepper Lots mint/parsley-pick leaves off -Wash/dried/roll & slice Lettuce spinner Edible flowers	Add the finely cut cucumber, diced tomato and all the herbs to a bowl. <ul style="list-style-type: none"><li>● Add the garlic, XVolive oil, zest and lemon juice. It should be a wet salsa.</li><li>● Taste and season.</li><li>● Divide into 3 bowls with a small spoon.</li></ul>