

Mexican Tomato Salsa (no oil, GF)

Recipe source: Modified from Mexican Tomato Salsa, K33kitchen.com

Fresh from the garden garlic, coriander, tomatoes

<u>Equipment</u>	<u>Ingredients</u>
Chopping boards	4 ripe tomatoes (about 600g), remove the seeds and roughly chop
Knives	2 red onions (about 360g), roughly chopped
Tea towels	20g fresh coriander, roughly chopped
Measuring Cups	2 cloves garlic, minced
Measuring spoons	4 tbsp fresh lime juice
Food processor	1 tsp salt
	½ tsp black pepper
	½ tsp cumin powder
	½ tsp chilli powder (optional)
	1 tbsp extra virgin olive oil (if using)

What to do

Chop tomatoes into quarters and use a spoon to remove the seeds.

Roughly chop the tomatoes add to the blender.

Chop onions in half and remove the skin,

Chop onions into small pieces and add to the blender.

Wash and roughly chop the coriander and add to the blender.

Mince 2 cloves of garlic and add to the blender.

Cut 4 limes in half, squeeze out 4 tbsp juice and add to the blender.

Measure out ½ tsp black pepper and ½ tsp cumin powder.

Place all the ingredients in a food processor and blitz for 10-30 seconds until blended into fine pieces

*** Don't blend for too long, you still want small pieces, not a paste.

Spoon the salsa into a serving bowl and refrigerate for 30 mins before serving for the best flavour.

To serve

Serve Tomato Salsa with Veggie Taco Rice and any other Mexican dishes.

ENJOY!