

Salsa

Traffic light category: **Green**

Makes: 1.5 cups

Ingredients

- » 2 firm medium sized tomatoes
- » 1 small Lebanese cucumber
- » 1 red onion
- » 1 shallot
- » 1 large jalapeno chilli minced
- » 2 tablespoon fresh chopped coriander
- » 2 tablespoons fresh lime juice
- » Ground black pepper, to taste

Method

1. Finely dice the vegetables (cucumber and tomatoes should be deseeded to reduce moisture)
2. Combine all ingredients in a bowl
3. Taste and season with pepper if necessary.
4. Cover with plastic wrap and refrigerate for at least 1 hour to ensure the flavours develop.

Nutrition information panel		
Nutrient	Per serve	Per 100g
Weight	275g	100g
Energy	197kJ	71.7kJ
Protein	2.4g	0.9g
Total fat	0.3g	0.1g
Saturated fat	0.08g	0.03g
Carbohydrate	6g	2.2g
Sugars	5.9g	2.1g
Dietary fibre	3.5g	1.3g
Sodium	32.3mg	11.8mg

