



Pico de gallo (spicy Mexican style salsa)

Group of 5

Ingredients

1 medium size tomato or 80g cherry tomatoes, chopped into 2cm pieces

½ small red onion, finely chopped

½ red pepper, finely chopped

½ tbsp jalapeño peppers from a jar, drained and finely chopped

1 garlic clove, grated

Small handful of fresh coriander, roughly chopped

Juice ¼ lime

Salt and pepper to taste

Equipment

Chopping board

Sharp knife

Garlic crusher

Lemon squeezer

Medium bowl

Method

1. Put all the prepared ingredients in a medium bowl with some seasoning and stir together then put it into the fridge to chill. You could do this the day before.
2. About 20 mins before you are ready to eat, take the salad out and bring it back to room temperature.
3. Serve with tortilla chips or add to a filled tortilla wrap or taco shell. Or serve a spoonful in a Gem lettuce leaf.