

Mexican Tomato Salsa

Tomato Salsa is a typical accompaniment to many Mexican meals, such as beans wrapped in a tortilla or flatbread. It is great with barbecued, grilled and roasted meat and fish. Tomato Salsa is also delicious on top of plain rice.



Nutritional information per portion (124g):

Energy 242kJ 58kcal 3%	Fat 3.7g 5%	Saturates 0.5g 2%	Sugars 4.2g 5%	Salt 0.13g 2%
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of an adult's reference intake.
Typical values per 100g: energy 195kJ/47kcal.

Equipment

Measuring spoons
Mixing bowl
Wooden spoon
Sharp knife
Chopping board
Can opener
Garlic crusher
Serving dish
Cling film

Ingredients

Serves 4

1 x 15ml spoon olive oil
½ x 5ml spoon chilli powder
1 x 15ml spoon tomato purée
1 x 15ml spoon dried mixed herbs
4 large tomatoes OR
400g can chopped tomatoes
1 small onion
1 clove garlic

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Method

- Put the olive oil, chilli powder, tomato purée and mixed herbs into a bowl and mix together using a wooden spoon.
- Wash and chop the tomatoes in half, if using fresh. Remove the green stem core and chop into small squares. Or open the can of tomatoes. Put the tomatoes into the bowl.
- Cut the onion in half and chop it as finely as you can. Add to the bowl.
- Peel the garlic. Crush the garlic clove straight into the bowl.
- Mix all the ingredients together.
- Put the salsa into a serving dish, cover with cling film and refrigerate until required.

Something to try next time

- To give the salsa a truly authentic flavour, replace the chilli powder with one green chilli. Deseed and finely chop the chilli before adding to the tomato mixture. Then wash your hands after touching the raw chilli.
- Try using fresh herbs such as chives, coriander, parsley or oregano instead of dried herbs. Use 1 x 15ml spoon of chopped fresh herbs to replace the dried mixed herbs.

Prepare now, eat later

- The salsa can be made the day before you need it to allow the flavours to mix together.
- Keep covered in the fridge for up to 24 hours.

Skills used include:

Washing, measuring, peeling, chopping, crushing and mixing/combining.