

Pico de Gallo



15
YEARS

VG

Vibrant Mexican salsa showcasing the vitamin rich, family favourite... the tomato!

Makes: 4 portions • Preparation time: 15 minutes

Ingredients

- 4 medium sized tomatoes / 250g cherry tomatoes
- 1 small red onion
- 1 red pepper
- 1 tbsp jalapeno peppers (optional)
- 2 garlic cloves
- Small bunch coriander
- 1 lime
- To serve: [tortilla chips](#) / [wholemeal wraps](#) / little gem lettuce leaves

Equipment

- Chopping board
- Sharp knife
- Garlic crusher
- Lemon squeezer
- Mixing spoon
- Medium bowl

Allergy information

Tortilla chips / wraps (wheat / gluten): Swap out for little gem lettuce and fill with the salsa or purchase gluten free wraps.

Method

1. Chop the tomatoes, red onion, pepper and jalapenos. Add these to the mixing bowl.
2. Crush the garlic, add to the bowl.
3. Finely chop the coriander, add to the bowl.
4. Cut the lime in half and squeeze all the juice into the salsa. Mix well.
5. If using wholemeal wraps, you could toast them to add some crunch.

Top tips

- Use this salsa in a burrito, with enchiladas, tacos or just as a standalone dish.
- Keep it chunky as it is, or use a hand blender for a smoother salsa.
- Experiment with orange / yellow tomatoes for extra zing.

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