Zingy tomato salsa

This fresh tomato salsa is a perfect dip or side dish to add a burst of freshness and flavour to any meal. It's a great accompaniment to quesadillas or to put in veggie wraps.

Makes: 4 portions • Preparation time: 5-10 minutes

Ingredients

- 2 beef tomatoes or 6 small tomatoes
- ¼ red onion
- 1 garlic clove
- A few sprigs of coriander
- Pinch salt
- ½ lime, squeezed
- 1 tsp extra virgin olive oil

Method

1. Mince, finely chop or grate the garlic into the bowl.
2. Add a pinch of salt and squeeze the lime on top to lightly pickle and soften the flavour.
3. Chop the tomatoes and the red onion into small cubes and add to the bowl.
4. Finely chop the herbs and add to the salsa.
5. Add a final drizzle of olive oil, mix well and enjoy!

Equipment

- Chopping board
- Knife
- Small bowl

Top tips

- Salsa is a very versatile side dish, so it's a great recipe to get creative with as all the vegetables, fruit and herbs can be swapped
- Add in fruit for extra zing! Try kiwi or pineapple for a punch of sweetness

Go seasonal!

Use seasonal ingredients to switch up your salsa:

- Use basil, coriander, kiwi and tomatoes in summer and autumn
- Add finely chopped red chilli for a summery fiery twist
- Use thyme, rosemary or sage in winter for a richer flavour
- Swap tomatoes and kiwi for tinned pineapple and sweetcorn in winter and spring