

Salsa, Tzatziki & Guacamole

Card 1 of 2



Salsa



INGREDIENTS

- 250g fresh tomatoes
- 1 small onion
- 1 – 2 mild chillies
- 1 – 2 cloves garlic
- Fresh Coriander
- 1 Lime
- Salt (if required)



METHOD

- 1 Finely chop the tomatoes, onion, chillies, garlic and coriander.
- 2 Squeeze the lime to obtain the juice.
- 3 Combine ingredients in a bowl, mixing well.

Per 3 tablespoons

per portion (46g)

ENERGY	FAT	SATURATES	SUGAR	SALT
42kJ 10kcal	0g LOW	0g LOW	1.4g LOW	0.38g MED
0%	0%	0%	2%	6%

of your reference intake
Typical values per 100g: Energy 92kJ/22kcal

TOP TIPS

- If you are not keen on chilli you could leave this ingredient out and maybe add a little more garlic.