

Salsa Fresca

Serves: 4

Preparation time: 15 minutes

Recipe source: mexicanfoodjournal.com

Cooking time: n/a

Ingredients:

4 tomatoes
1 white or red onion
12 coriander sprigs
1 jalapeño chilli
1 lime
½ teaspoon salt

What to do:

1. Seed the tomatoes.
2. Chop the tomatoes into small pieces.
3. Seed the jalapeño chillies. Remove both seeds and veins.
4. Pick the coriander leaves and discard the stems.
5. Finely chop coriander and jalapeño chilli.
6. Finely chop the onion.
7. Add all of the ingredients in a mixing bowl.
8. Add salt.
9. Sprinkle with the juice of one lime.
10. Gently mix until the ingredients are evenly mixed.

Notes:

- Serve in a tortilla or taco shell with Guacamole, sour cream, Salsa Fresca, lettuce and cheese.
- In class we used ½ jalapeño chilli for the younger students.
- Either type of onion can be used but white onion is traditional.
- Salsa Fresca is also known as Pico de Gallo or Salsa Cruda.