

Get ready to cook: Tie back long hair, apron on, wash hands. Collect ingredients and equipment

## Roasted pepper and tomato salsa

### Ingredients

- 6 tomatoes
- 1 small onion
- 1 red pepper
- 2 cloves garlic
- 1 small chilli
- $\frac{1}{2}$  lemon juiced
- Coriander

Other ingredients can be used in a salsa, complete the design work first to give you some ideas



Peeling tomatoes video: <https://www.youtube.com/watch?v=IdIQnsjO1LO>

1. Put a whole pepper in the oven (gas 6 or 200°C)
2. Put a saucepan of water on the hob to boil.
3. Prepare tomatoes ready to be blanched by removing the stalk area and crossing the bottom with a knife



Check with an adult before using the cooker.



4. Once the water is boiling carefully place the tomatoes in the water and count to 20.
5. Remove tomatoes from pan using a spoon and put into a bowl of ice water to stop them cooking



6. Carefully peel the tomatoes
7. Cut tomatoes into quarters and remove the seeds
8. Dice the tomatoes

Use bridge and claw grip and always watch what you are doing when using knives.



9. Remove the pepper from the oven

Use oven gloves!

10. Finely dice; onion, garlic, chilli and chop coriander



Remember bridge and claw grip

11. Carefully peel pepper and deseed it. This works best if the pepper is still warm.
12. Dice the pepper



13. Put all ingredients in a bowl
14. Add lemon juice, salt and pepper to taste, then mix



Enjoy as a healthy side dish.