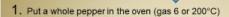


2 cloves garlic 1 small chilli ½ lemon juiced Coriander

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=IdIQns;OILO



- 2. Put a saucepan of water on the hob to boil.
- Prepare tomatoes ready to be blanched by removing the stalk area and crossing the bottom with a knife







- 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.









- 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.