

TOMATO SALSA

POLLIN8



INGREDIENTS

Serves 4

3-4 medium tomatoes
or a punnet of cherry tomatoes
½ small red onion
Juice of 1 lime
½ cup of coriander
Pinch of salt and
black pepper

Note: If you like a spicy salsa, you could add finely chopped fresh red chillies, ¼ teaspoon of cayenne pepper, or a dash of siracha!



METHOD

1. Roughly dice the tomatoes and the red onion. For a more subtle flavour you could use spring onions or a few chive stalks instead.
2. Roughly chop the coriander. If you don't like coriander, you could try using mint or parsley.
3. Add the tomatoes, onion and herbs, along with the juice of a lime, salt and pepper into a blender.
4. Gently pulse one or two times so that some ingredients make a sauce, but most it is still left as chunks!
5. If you don't have blender, you could just squish a little using your hand or a masher.
6. If you want to add a kick to your salsa, add your cayenne pepper or crushed chillies and mix!
7. Leaving the salsa to sit for an hour before eating allows the flavours to mix and come together.
8. Serve with some tortilla chips or as part of a larger meal like burritos or fajitas.

Did you know, bumblebees are excellent pollinators of blueberries because they can 'buzz pollinate'. They contract and vibrate their flight muscles which result in an explosion of pollen grains from the flower.

