

Pico De Gallo



Serves 4



10 minutes



Summer



Tomato



INGREDIENTS:

- 500g mixed tomatoes
- 1/2 red onion or 4 stalks spring onion
- 1 garlic clove
- 3 Tbsp coriander
- Salt to taste

METHOD:

1. Dice the mixed tomatoes into small, even pieces. Place them in a large mixing bowl.
2. Dice the red onion or spring onions finely. Add them to the bowl with the tomatoes.
3. Roughly chop the coriander and add 3 tablespoons to the mixture.
4. Add salt to the mixture.
5. Gently mix all the ingredients until well combined.
6. Serve with wholemeal tortillas, vita weat or add to tacos/burrito bowls.

TIPS:

- Vary the herbs and onions for different combinations
- Add jalapenos or chilli for a spicy version of this dish.
- Let the Pico de Gallo sit for about 15-20 minutes before serving for the best flavor.

Share it with us!



@foodfromh0me



This recipe was developed by the Baker Heart and Diabetes Institute and supported by Enliven Victoria.