

Let's get cooking with



Healthworks
the community health charity

Best Ever Salsa!

What you need:

- 2 tins of good quality plum tomatoes
- 1/2 tsp oregano
- 1/2 tsp ground cumin

- Handful of fresh coriander
- 2 crushed garlic cloves
- Juice of one lime
- 1 small white onion, diced
- Jarred Jalapenos (1/2 cup) - want it hot—use fresh and add more

Substitute as necessary if you have an allergy to any of the ingredients.

How to prepare:

1. Place all ingredients in food processor and pulse till it is at the consistency you like

Top tips:

- Goes great with our Easy Chicken Fajita recipe
- Freezes really well and can be used as and when you need it
- Use as a sauce for a chicken dish

Enjoy!

From the Community Skills Team
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