

Tomato and Cucumber Salsa

workstation : 2

EQUIPMENT

Chopping boards
Non slip mats
Knives
Measuring Cup
Large bowl
Small bowl
Large spoon
Small spoon
Blender

INGREDIENTS

1 red onion, diced
3 tomatoes, remove seeds and diced
2 cucumbers, remove seeds and diced
1 green or red capsicum, remove seeds and dice
1 lemon
 $\frac{1}{3}$ cup of chopped parsley
 $\frac{1}{4}$ cup of white wine vinegar
 $\frac{1}{4}$ cup of olive oil
3 teaspoon of sweet chilli sauce
2 grinds of salt
2 grinds of pepper

METHOD

1. Chop and deseed all vegetables
2. Combine onion, tomatoes, cucumber, capsicum and parsley in a large bowl and mix well be careful not to crush vegetables
3. Blend 2 tablespoons of vegetable mixture with white wine vinegar, olive oil, sweet chilli sauce, salt, pepper and a good squeeze of lemon juice.
4. Add the dressing mixture to the large bowl containing chopped vegetables and combine well
5. Place in fridge to chill until ready to serve

