



TOMATO SALSA

SERVINGS - 04

PREPPING TIME: 15 MIN

COOKING TIME: -

Ingredients:

- 300 g tomato puree (from blanched tomatoes)
- 100 g tomatoes, small dice
- 75 g onion, finely chopped
- 3-4 g green chili, finely chopped
- 6 g fresh coriander (cilantro), finely chopped (including tender stalks)
- 1 g garlic, finely chopped (about 1 small clove)
- 1½ ml vinegar (¼ tsp)
- 10 -15 g The Mexican Tapas Bar Salsa Seasoning
- 1 tsp lime juice
- Salt, to taste

Instructions

Step 1: Prepare the Tomato Puree

Wash the tomatoes thoroughly. Blanch the tomatoes by placing them in boiling water for 30-60 seconds, then transfer them to cold water. Remove the skins if desired. Blend the blanched tomatoes into a smooth puree. Measure 300 g of puree and keep it in a separate bowl.

Step 2: Prepare the Fresh Ingredients

Dice the tomatoes into small, even pieces. Finely chop the onion. Finely chop the green chili. Use disposable gloves or wash your hands thoroughly after handling chilies. Avoid touching your eyes while handling chilies. Finely chop the coriander, including the tender stalks. Finely chop the garlic.

Step 3: Mix the Salsa

Place the diced tomatoes, onion, green chili, coriander, and garlic into a medium mixing bowl. Add the prepared tomato puree. Add the salsa seasoning 10 GMS. Add the vinegar and lime juice. Season with salt to taste. Mix all ingredients well until evenly combined.

Step 4: Rest the Salsa (Optional)

For the best flavor, allow the salsa to rest for about 1 hour. It can be left at room temperature for a short time or chilled in the refrigerator. Resting allows the flavors to blend and develop.

Serving Suggestions

Serve fresh with: Tortilla Chips, Tacos, Burritos, Grilled vegetables and Quesadillas

Storage:

Store the Fresh Tomato Salsa in an airtight container. Keep refrigerated. Best consumed within 2 hours.

Approximate Nutritional Value (Per Serving)

Energy:	28-35 Kcal
Carbohydrates:	6 g
Protein:	1 g
Fat:	0.3 g
Dietary Fibre:	1.5 g
Sodium:	As per salt added

Chef's Notes

Use fully ripe red tomatoes for the best colour and natural sweetness. Fresh coriander stalks add additional flavour and aroma. Allowing the salsa to rest before serving enhances flavour integration.

Chef's Tips

For a chunkier salsa, increase the quantity of diced tomatoes. For extra heat, add jalapeño or additional green chilli. For a smoky flavour, use roasted tomatoes instead of blanched tomatoes.

Always prepare fresh and store under refrigeration below 5°C.

Best consumed within 24 hours for optimum freshness and flavour.

