



By Dietitian Joanne

Tomato and Chilli Salsa

SERVES
4

Ingredients

Medium sized tomatoes, diced	4 pcs
Large red chili, finely chopped	1 pc
Medium white onion, finely chopped	½ pc
Olive oil	2 tbsp
Coriander, finely chopped	1 tbsp
Lime, juice and zest	1 pc
Smoked paprika	½ tsp
Salt / pepper to taste	

Nutritional Information

(Per serving)

Energy	84 kcal
Carbohydrate	4 g
Protein	2 g
Fat	6 g
Saturated Fat	1 g
Cholesterol	0 mg
Dietary Fibre	2 g
Sodium	33 mg

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This salsa will last for up to 5 days when kept in a sealed container and stored in the fridge. Prevent over-eating by serving yourself a portion and putting the rest back in the fridge so you always have a healthy and tasty snack on standby.