



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

FRESH SALSA

Time: 15 minutes

Serves: 10

Ingredients:

1 poblano or jalapeno pepper - seeded and roughly chopped
2 cloves garlic - roughly chopped
1/2 red onion - roughly chopped
4 green onions - roughly chopped
1/2 bunch fresh cilantro leaves and stems - roughly chopped
15g avocado oil
30g fresh lime juice (1 lime)
6 Roma tomatoes - seeded and roughly chopped
6g kosher salt

Preparation:

Place all ingredients in a food processor and pulse to desired texture.

Nutritional Information Per Serving:

Calories: 32
Fat: 2g
Carbs: 3g
Fibre: 1g
Protein: 0.6g