

TOMATO SAMBAL

Time: 10 minutes

Serves: 4

Ingredients:

30ml fresh lime juice
10g Maldive fish
1 hot green chilli – seeded and thinly sliced
4 tomatoes – diced
½ small red onion – thinly sliced
3g kosher salt

Preparation:

Combine the lime juice, fish and chilli in a small bowl and set aside while preparing the tomatoes and onion.

In another bowl, toss the tomato, onion and salt. Add the lime juice mixture and toss again.

Serve immediately or refrigerate up to a day.

Nutritional Information Per Serving:

Calories: 50
Fat: 0.3g
Carbs: 9g
Fibre: 2g
Protein: 4g