

# Salsa

4	Plum tomatoes
½	Red onion
1tspn	Fresh chilli paste
1	Lime, juice of
1	Avocado
4floz	Olive oil
2tspn	Chives, chopped
	Salt and pepper



Saucepan  
Vegetable knife  
Weighing scales  
Measuring jug



Blanch the tomatoes by dipping them into a pan of boiling water for 10-12 seconds. Carefully remove and plunge into cold water, Remove the skin, cut into quarters, remove the seeds and dice into ½cm cubes.

Cut red onion into ½cm dice and mix with tomato. Add chilli paste and lime juice.

Peel the avocado and cut into 1cm dice, mix with rest of ingredients, add olive oil and chopped chives. Check seasoning.