



Rio Carnival Salsa Recipe

Ingredients:

- 1 large red bell pepper
- 1 large yellow bell pepper
- 1 large orange bell pepper
- 100g cherry tomatoes
- $\frac{1}{2}$ cucumber
- $\frac{1}{2}$ red onion
- small tin of sweetcorn (150g), drained
- small tin of precooked red kidney beans, drained
- drizzle of olive oil
- tortilla chips

Optional:

- cooked beetroot
- fresh coriander
- cheese

Equipment:

- chopping board
- knife
- large bowl

Disclaimer:

We hope you find this resource useful. These recipes are intended as general guide only and involve the use of knives and kitchen appliances. It is your responsibility to assess risks and ensure the activity is safe for those participating. We will not be held responsible for the health and safety of those participating and cannot accept any liability. It is also your responsibility to ensure you are fully aware of the allergies and health conditions of anyone making or consuming these products – noting potential allergens included in the ingredients.

Method:

1. Wash all the vegetables before you start.
2. De-seed the bell peppers.
3. Using a knife and chopping board, carefully chop the bell peppers and cucumber into cubes.
4. Cut the cherry tomatoes into quarters.
5. Put all the vegetable ingredients into a large serving bowl and toss to mix.
6. Drizzle some olive oil over the salad ingredients.
7. Chop and add optional ingredients, such as beetroot, fresh coriander and cubed or grated cheese as desired.
8. Serve with tortilla chips for dipping and scooping.

Alternatives to try:

- Use a small jalapeño pepper for a hotter flavour.
- Use plum tomatoes for a richer flavour.