

## Coral Salsa

Serves 8 as a canapé



Nutritional information per 97g portion :

calories	fat	saturates	sugars	salt
121 cal	7.2g	0.9g	13.0g	0.6g
6%	10%	5%	14%	10%

This vibrant and colourful mango salsa zings with refreshing flavours – reminding us of how beautiful the corals in the sea are.

### Equipment

- Scale
- Measuring Cups
- Measuring Spoons
- Sharp Knives
- Cutting Board
- Onion Chopper
- Bowl

### Ingredients

- 1/4 cup canola oil
- 1/2 medium red onion, finely diced (about 1/2 cup)
- 1 medium red bell pepper, cut into 1/4-inch dice (about 1-1/4 cups)
- Sea salt
- 2 mangos (about 1-1/2 lbs.), pitted and cut into 1/2-inch dice (about 2 cups)
- 1/4 cup chopped fresh coriander
- 2 spring onions, sliced
- 2 Tbs. fresh lime juice

### Nutrients

Canola oil – compared to other oils, canola has the least of the bad fats.

Red Pepper – packed with Vitamin C and anti-oxidants to keep our bodies healthy.




Mangoes – are known as the king of the fruit due to its fragrance, but mostly

Coriander – contain natural anti-histamines!

## Method

- Dice all the ingredients up into cubes.
- Combine all ingredients in a bowl. When mixing it, do so gently so as not to mash everything together.
- Serve with tortilla chips

## NUTRITIONAL INFO

Carbohydrates - Gives us energy	Protein - Builds our bodies	Fats - Keeps our bodies working well	Fibre - Sweeps our tummies
	This recipe doesn't have much protein in it so we need to eat it with something else that has protein for a balanced meal.		

Always ask an adult to help you when you are using kitchen equipment like a knife.

Why not try making this salsa with other colourful fruit like cantaloupe ; paw paw or papino. If you want to try something a little spicy, add a small bit of fresh chilli into it.

Skills learnt today: You have measured ; chopped ; diced ; juiced ; mixed.

