



Pico de gallo

15'
Hands on

2
Portion(s)

1
Difficulty



Ingredients

- 2 tomatoes
- 1 onion
- 1/4 bunch coriander
- 1 chili pepper
- lime juice, of 1 lime
- 1 tablespoon(s) olive oil
- salt

To serve

- 1 tortilla, baked, cut into triangles
- slices lime(s)
- 1 spring onion, finely chopped
- parsley, finely chopped

Διατροφικός πίνακας

Nutrition information per portion

125 Calories (kcal)	6.6 Total Fat (g)	0.9 Saturated Fat (g)	11.0 Total Carbs (g)
6%	9%	5%	4%
9.2 Sugars (g)	1.7 Protein (g)	3.3 Fibre (g)	0.27 Sodium (g)
10%	3%	13%	3%

Method

- Cut the tomatoes into cubes and add them into a **bowl**.
- Finely chop the onion, the coriander, the chili pepper, and add them into the bowl with the tomatoes.
- Add the lime juice, the olive oil, salt, and mix well with a spoon.
- Serve with baked tortillas cut into triangles, lime slices, spring onion, and finely chopped parsley.