

Basic Tomato Salsa

INGREDIENTS (serves 4)

- 1 teaspoon vegetable oil
- 1 medium onion – diced
- 2 cloves garlic – crushed
- 1 pepper (any colour) - chopped
- 1 x 400g can tomatoes
- 1 teaspoon paprika
- ½ teaspoon chilli powder (optional)
- ½ teaspoon dried parsley
- black pepper to season



EQUIPMENT

chopping board, sharp knife, saucepan, wooden spoon, can opener, tablespoon, teaspoon

METHOD

1. Prepare the vegetables – peel and chop the onion and crush the garlic cloves.
2. Put the oil in the pan and cook the onion over a medium heat until soft but not brown. Then add the garlic and pepper and cook for a further minute.
3. Add the tomatoes, paprika, chilli powder (if using) and parsley. Simmer for 20 minutes until reduced and thickened.
4. Season with black pepper and either serve warm or cold with homemade tortilla chips.

ALLERGY AWARENESS!

This recipe contains no known allergens.



Salsa Tomato Syflaenol

CYNHWYSION (digon i 4)

- 1 llwy te olew llysiau
- 1 winwsyn canolig - wedi'i dorri'n fân
- 2 ewin o arlleg - wedi'u malu
- 1 pupur (unrhyw liw) - wedi'i dorri
- 1 x 400g Tomatos
- 1 llwy de paprika
- ½ llwy de o bowdr tsili (dewisol)
- ½ llwy de persli sych
- pupur du i roi blas



OFFER

bwrdd torri, cylllell finiog, sosban,
llwy bren, agorwr tuniau
llwy bwrdd, llwy de, ymysgydd llaw

DULL

1. Paratowch y llysiau – pliciwch a thorrwch y nionyn a malwch y ewin o arlleg.
2. Rhowch yr olew yn y sosban a choginiwch y nionyn dros wres canolig nes yn feddal ond nid yn frown. Yna ychwanegwch y garlleg a phupur a'i goginio am funud arall.
3. Ychwanegwch y tomatos, paprika, powdr chilli (os ddefnyddio) a persli. Mudferwch am 20 munud nes ei leihau ac thewhau.
4. Ychwanegwch bupur du a gwasanaethwch nail ai'n gynnes neu oer gyda sglodion tortilla cartref.

YMWYBYDDIAETH ALERGEDD!

Nid ywy rysait hyn yn cynnwys unrhyw alergenau hysbys

