



## Fresh salsa dip

### Ingredients:

- 1 x 400g tin chopped tomatoes, drained
- 2 fresh tomatoes, diced
- Juice of one lime
- 1 red chilli, deseeded and chopped
- 1 green chili, deseeded and chopped
- 1 small red onion, finely chopped
- Handful of freshly chopped coriander

This dip is great served with home made potato wedges

### Ingredients:

- 2 large baking potatoes
- 1 tbsp sunflower oil
- ½ teaspoon chilli powder (optional)

### Method:

#### Dip:

1. Combine all of the ingredients in a bowl.
2. Season to taste with pepper

#### Potato wedges:

1. Set oven to 200C/Gas Mark7
2. Microwave each potato until soft (approx 8 minutes) or par-boil them
3. When cooked, slice each lengthways into 8-10 big wedges
4. Place the potatoes on a baking tray
5. Mix together the oil and chilli powder
6. Brush the oil and chilli powder over the wedges and cook in the oven for 20 minutes until crisp.

## **Did you know ?**

Using fresh herbs is a great way to add flavour and nutrients to a dish. Coriander has high iron content and the flavour is so good there is no need for salt.

Tomatoes contain lycopenes which are important in the prevention of cancer.

Red chillis contain good levels of vitamin A and C. Both are good for your immune system.

Potatoes are a good source of carbohydrate. Carbohydrates provide us with energy. Potatoes provide the highest amount of vitamin C in the British diet (because we eat so much!).

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