

Sweetcorn Salsa

Allergens – **Barley**, **Mustard**

Ingredients

Quantity	Ingredient
400 g	Sweetcorn
1	Cucumber
180 g	Red Pepper
75 g	Red Onion
30 ml	Distilled Malt Vinegar (contains Barley)
10 g	Soft Light Brown Sugar
25 ml	Lite Vegetable Oil
2 g	Mustard Powder



Method

1. Fine chop the cucumber, peppers and red onions.
2. Mix all chopped vegetables together with all other ingredients.
3. Place the mixture in a refrigerator to allow flavours to infuse.
4. Serve chilled at service point.

Nutritional Content per 50g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 39.8	= 1.7	= 0.1	= 1.9	= 0.0	= 5.0

Portion size - Primary - 50g