

# Tomato & Pepper Salsa

Allergens – **Barley**, **Mustard**

## Ingredients

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Quantity	Ingredient
400 g	Tomato
1	Cucumber
250 g	Mixed Pepper
100 g	Red Onion
25 ml	Vegetable Oil
30 ml	<b>Distilled Malt Vinegar</b> (contains <b>Barley</b> )
10 g	Soft Light Brown Sugar
2 g	<b>Mustard Powder</b>



## Method

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1. Fine chop the tomatoes, cucumber, peppers and red onions.
2. Mix all the other ingredients into the chopped vegetables.
3. Chill the mixture in the fridge 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)
= 23.3	= 1.4	= 0.1	= 2.1	= 0.0	= 2.3

**Portion size** - Primary - 50g