

Salsa

twinkl

This salsa recipe is a real crowd-pleaser – fresh, healthy and low-fat. Enjoy with Mexican corn chips or quesadillas

Ingredients

250g fresh tomatoes, diced
1 spring onion, finely chopped
bunch of coriander, finely chopped
juice of $\frac{1}{2}$ a lime

Equipment

fork
safe knife
chopping board
kitchen scissors
bowl
spoon

Helpful Hint:

Kitchen scissors are a really useful tool to chop your coriander and spring onion with.

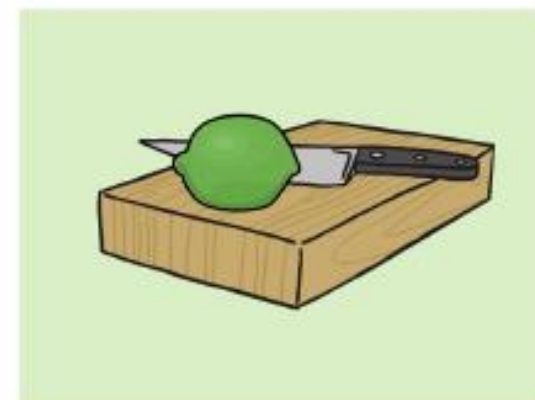
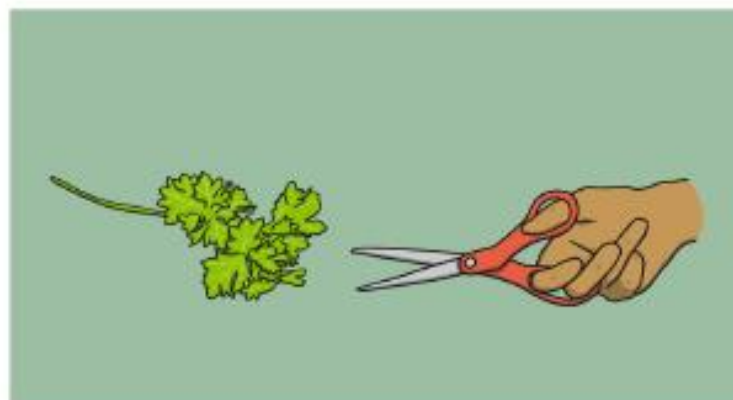
Step 1. Cut the tomatoes into half, then quarters. Remove the seeds and dice. Add to the bowl.

Step 2. Use kitchen scissors to finely chop the spring onion. Add to the tomatoes.

Step 3. Chop the coriander into the bowl.

Step 4. Pour over the lime juice.

Step 5. Mix all the ingredients together.



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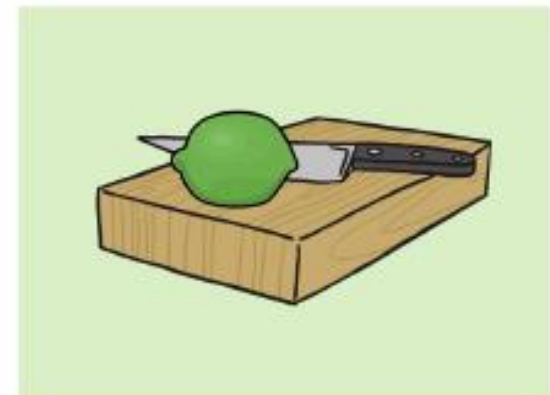
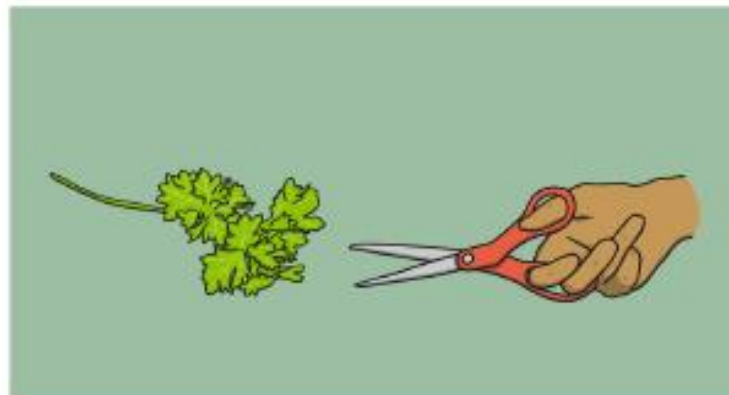
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Quesadillas

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A quesadilla is a Mexican dish and is a bit like a toasted sandwich. It is made with two tortillas sandwiched together with a cheese-based filling. They are delicious served with guacamole and salsa.

Ingredients

1 spring onion
1 bunch of coriander
1 red pepper
200g cheddar cheese
4 soft tortilla wraps



Equipment

safe knife
chopping board
kitchen scissors
bowl
grater
spoon
fish slice
frying pan

Helpful Hint:

Grating Technique

1. First, place the grater onto the chopping board and hold it firmly by its handle.
2. Hold the cheese at its widest end and rub it down-and-up the grater firmly.
3. Continue grating until you are left with a small chunk of cheese. Stop at this point. There is no need to try and grate every bit.

Step 1. Grate the cheese and place into a large bowl.

Step 2. Finely chop the spring onion and pepper and mix into the cheese.

Step 3. Chop the herbs into the bowl.

Step 4. Mix all this up in a bowl and then sprinkle a handful between two layers of tortilla.

Step 5. With adult supervision, gently fry the tortilla until it starts to brown. Carefully flip the tortilla over and repeat.

Step 6. Remove from the pan - take care as the cheese will be hot! Cut into slices and serve.

