

## James' Salsa Recipe

I normally call my recipes “paleo/keto”, but I haven’t run the numbers on this: the tomatoes and onions probably have some carbs. But it’s only a condiment, so I doubt it would be ruinous (and I *love* it!)

### **Ingredients**

1 red onion, peeled and cut into four.

1 (or two or three) cloves of garlic, peeled (I use three: I like this strong-tasting)

1 bunch of coriander leaves (cilantro)

About half a long cucumber.

1 fresh chilli (or more, depending on how hot your chillis are, and how hot you like your salsa. Start with one; you can always add more, but it’s difficult to calm down if it’s too hot!)

2 cans of tomatoes. Doesn’t matter if they are chopped or whole.

A little extra-virgin olive oil.

Some vinegar. I use either non-filtered Apple Cider Vinegar, or balsamic, whichever comes to hand. Balsamic has more carbs.

### **Method**

Use a food processor and put the onions and garlic in the bowl and pulse until chopped. Experiment with how coarse or fine you like it.

Add the chilli and pulse the blender. If you like a milder flavour, slice the chilli open and remove the seeds and the white pithy bit that holds the seeds (that’s the hottest bit).

Add the tomatoes, some olive oil and some vinegar. Blend until fully mixed. Taste to see if you want to add more oil, vinegar and some salt and pepper.

Slice the cucumber vertically into four, then chop to make small chunks. Add to the blender and pulse a few times (you don’t want to smash up the cucumber).

Serve with almost anything! (I haven’t tried it with ice cream!!)