

TOMATO AND MANGO SALSA

Jay
Halford

 Makes 500g.

 Total Time: 15min

 Storage: 1 week in the fridge

Ingredients:

- 60ml of apple cider vinegar
- 60ml of tamari
- 60ml of cold pressed rapeseed oil
- 1/2 of a red onion
- 2 cloves of garlic
- A thumb size chunk of ginger
- 1 whole fresh mango
- A small bunch of fresh basil (20g)
- 5 whole tomatoes
- A pinch of pink Himalayan salt
- A pinch of ground black pepper

Method:

Finely dice all of the tomatoes

Finely dice half of the red onion

Mince the two cloves of garlic and then peel and dice the fresh ginger

Remove the thick stalks from basil, fold it up into a tight pack to be able to finely chop it

Peel, prep and chop the fresh mango and add all of the ingredients to mixing bowl.

Equipment needed: Chopping board, Chef's knife, Mixing bowl, Spoon