



Peterborough
Environment City Trust



Peterborough Community Services
Health and Social Care

Salsa

Serves 4

Ingredients:

- 2 med sized tomatoes, cut into cubes
- 4 spring onions finely chopped
- 1 green chilli, deseeded and finely chopped (optional)
- 10g coriander/parsley, finely chopped
- Juice ½ lemon

Method:

Combine all the ingredients in a small bowl and cover.
Leave to stand to allow the flavours to develop.

Change4Life is a nationwide movement which aims to help us all, but especially our kids, eat well, move more and live longer.

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