



Peterborough
Environment City Trust

NHS

Peterborough Community Services
Health and Social Care

Salsa

Rendimento: 4 porções

Ingredientes:

- 2 tomates med empresas, cortado em cubos
- 4 cebolas picadas
- 1 pimentão verde, sem sementes e picadinhas (opcional)
- 10g de coentro salsa / picadinho
- Suco de ½ limão

Método:

Misture todos os ingredientes em uma tigela pequena e cubra.
Deixar em repouso para permitir que os sabores se desenvolvam.

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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or call  **0300 123 4567***

*Calls to 03 numbers should cost no more than geographical 01 or 02 UK-wide calls, and may be part of inclusive minutes subject to your provider and your call package. Our offices are open from 9am to 8pm every day.

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4 life

Eat well Move more Live longer