DietCloud – Recipe

Recipe Name: Spicy Mexican Salsa Verde Recipe - Green Tomato Salsa

Diet Type:

Course: Dinner

Cuisine: Mexican

Quantity:



Ingredients

Ingredient	Quantity
• 8 Tomatillo - or green raw tomatoes • 3 Green Chillies • 1/2 cup Coriander (Dhania) Leaves - chopped • 2 teaspoons Lemon juice • 1 teaspoon Sugar • 1.5 tablespoons Extra Virgin Olive Oil • Salt - Salt to taste	4

Preparation

• To begin making the Mexican Salsa Verde, first remove the husk from the tomatillo and wash them thoroughly and we will roast them in the oven.

• Preheat your oven at 200 C for 15 minutes while you prepare the tomatillo for roasting.

• Next, line a baking sheet with parchment paper or aluminium foil.

• Place tomatillo and green chilies on it.

• Place the baking tray into the oven and let the tomatillo and green chillies roast for 5-10 minutes on high heat till the tops are char grilled.

• Once the tomatoes are grilled, allow it to cool a little and remove the skin of the tomatoes.

• Take care not to over blend it to a puree.

• Instead leave some chunky pieces of tomatillo.

• Check the seasoning, adjust if required and transfer the Green Tomato Salsa to a glass jar and refrigerate until ready to serve.

Macronutrients

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Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)