

**Recipe Name:** Chunky Cucumber Salsa Recipe

**Diet Type:**

**Course:** Dinner

**Cuisine:** Mexican

**Quantity:** 1 cup



## Ingredients

| Ingredient                                               | Quantity |
|----------------------------------------------------------|----------|
| • 3 Cucumbers - washed                                   | 4        |
| • 1 Red onion - diced                                    |          |
| • 1 Tomato - cut into chunks                             |          |
| • 2 cloves Garlic - minced                               |          |
| • 2 Pickled Jalapenos - chopped                          |          |
| • 1/2 teaspoon Whole Black Peppercorns - freshly cracked |          |
| • Coriander (Dhania) Leaves - one bunch                  |          |
| • Salt - to taste                                        |          |
| • Lemon juice - of 2 large limes                         |          |
| • 2-3 Spring Onion Greens - for garnish (optional)       |          |

## Preparation

- To begin making the Chunky Cucumber Salsa, lay the cucumbers on a flat wooden surface or working space.
- Use a rolling pin and bash the cucumber into bite size chunks.
- Alternatively, use a wooden mortar pestle to roughly break the cucumbers down to chunks.
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## Macronutrients

| Calories (kcal) | Protein (g) | Carbs (g) | Fat (g) | Fiber (g) | Sugar (g) |
|-----------------|-------------|-----------|---------|-----------|-----------|
| 45              | 1           | 10        | 0       | 2         | 6         |