



## CAPSICUM AND CHILLI SALSA

**Season:** summer, autumn  
**From the garden:** *capsicum, chilli, coriander, garlic*  
**Type:** *sauce*  
**Difficulty:** *easy*  
**Country of origin:** *mexico*  
**Serves:** 6 serves or 35 tastes  
**Source:** *www.taste.com.au*

### Equipment

- \*chopping board
- \*knife
- \*roasting tray
- \*tea towel
- \*measuring spoons
- \*garlic press
- \*bowls
- \*mixing spoon

### Ingredients

- \*1 red capsicum
- \*1 green capsicum
- \*½ red onion
- \*1 red chilli (optional)
- \*small bunch of fresh coriander
- \*1 tbsp lemon or lime juice
- \*2 tsp olive oil
- \*½ tsp sugar
- \*1 clove garlic
- \*salt and pepper to taste

### Method

1. preheat grill to high
2. cut the capsicums in half, take the seeds out and place under the grill
3. leave for around 10 min. or until they have softened and the skin turned dark.
4. take them out and place the capsicum in a bowl and cover it with a tea towel. leave for a few minutes. that will help loosen the skin
5. peel the capsicum and chop finely
6. deseed the chilli (if using) and chop finely. wash your hands after handling chilli
7. chop the onion finely
8. mince the garlic using a garlic press
9. mix the capsicum, chilli, onion, lemon juice, olive oil, sugar, salt and pepper in a bowl and let it marinate till needed

**Skills:** *measuring, chopping*