



Pico de Gallo - Mexican Salsa

Recipe makes:

4 Portions (344g)

Preparation time:

10 minutes

Nutritional Information

1 Portion (86g)

Energy	17kcal
Carbohydrates of which sugars	2.9g 2.5g
Protein	0.8g
Fat	0.2g

Ingredients:

- 1 large or 2 medium tomatoes, finely chopped
- ½ medium red onion, finely chopped
- 2 tbsp fresh coriander, chopped
- 2 freshly squeezed lemons, juice only
- 1 red de-seeded chilli, finely chopped
- 2 cloves of garlic, minced

Method:

1. Mix all ingredients in a bowl.
2. Cover and chill until ready to use.

Chef's Tip:

- Great served as a side dish with the Mouth-watering Meatloaf (see separate recipe card).

This recipe has been specifically designed for the dietary management of Glycogen Storage Disease. Refer to labels for allergen and other product information.



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