

# Caribbean red pepper salsa

Makes 6 servings



## Ingredients (allergens in bold)

- 225g can red kidney beans – drained and rinsed
- ½ cucumber – chopped
- 100g sweetcorn - canned in spring water or fresh from a boiled/roasted cob
- 250g fresh tomatoes – chopped small
- 4 spring onions – finely sliced
- 1 red pepper – de-seeded and chopped small

## For the dressing:

- 2 tablespoons vegetable oil
- 1 clove garlic – peeled and crushed
- 1 tablespoon red wine vinegar
- juice of 1 lime
- 1 teaspoon hot pepper sauce
- ¼ teaspoon **Worcestershire sauce**
- ground black pepper

## Method

1. Whisk the dressing ingredients together and pour it into a large salad bowl.
2. Add the prepared salad ingredients and mix well.
3. Leave to stand for one hour to allow the flavours to develop.
4. Serve at room temperature.



## Equipment

- can opener
- sharp knife
- chopping board
- garlic crusher
- small mixing bowl
- tablespoon
- measuring jug
- teaspoon
- whisk or fork
- lemon squeezer

## Recipe notes and tips

- Check the strength of the hot pepper sauce before adding to the dressing and then add more or less than 1 teaspoon depending on taste.
- Squeeze the lime in the palm of your hand or roll firmly on a table to make it easier to juice.
- If making this salad with younger children, keep the salad ingredients quite chunky. Older pupils can practise their advanced knife skills by finely dicing the ingredients.