
ZUCCHINI & TOMATO SALSA WITH TORTILLA CHIPS

 VEG, GF, RSF  30 mins  6 - 8



Ingredients

Zucchini & Tomato Salsa

- 1 red onion
- 2 cloves garlic
- 4 large zucchini, roughly chopped
- 8 large tomatoes, roughly chopped
- 2 tbs smokey paprika
- ½ tsp chilli flakes
- 1 tsp cumin
- 1 bunch coriander (including stalks)
- Olive oil
- Sea salt

Guacamole

- 4 large avocados
 - Juice of 1 lime
 - 1 tbs olive oil
 - ½ red onion, very finely chopped
 - ½ bunch coriander, finely chopped
 - Sea salt
 - Freshly cracked pepper
- Corn chips (preferably organic to ensure non-GMO)
 - Natural greek yoghurt
 - Extra coriander leaves for sprinkling



Method

1. In a large fry pan, saute the red onion and zucchini in a glug of olive oil for a couple of minutes until soft and lightly browned.
2. Next add the garlic, smokey paprika, chilli flakes, cumin, and finely chopped coriander stalks and saute for a further few minutes.
3. Now add the roughly chopped tomatoes, coriander, a sprinkling of sea salt, and a glug of olive oil and remove the pan from the heat and set aside.
4. Scoop the flesh of the avocados into a medium mixing bowl and add the lime juice, olive oil, red onion, coriander, sea salt and freshly cracked black pepper and mix with a fork to combine.
5. Spread the tortilla chips into a serving bowl and scoop over the zucchini salsa, then the guacamole, and a generous dollop of natural yoghurt.
6. Finally sprinkle with coriander leaves, sea salt, freshly cracked pepper and a drizzle of olive oil.
7. Easy! Hola!

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