

# Tomato



## Available

All year round.

## Buy

Firm and ripe.

## Store

At room temperature.

## Prepare



Remove the stalks.



Slice into discs.



Cut into wedges.



Roughly chop into cubes.

## Cook

Can be:



Roasted



Salad



On toast



On pasta



# Tomato salsa

(serves 4)

## Ingredients

4 tomatoes, finely chopped  
½ onion, finely chopped  
¼ cup lemon juice/vinegar  
2 tablespoons oil  
Pinch of salt  
Pepper

## Method



1 Finely chop the tomatoes and onions.



2 Add lemon juice and oil.



3 Season and mix well. Keep refrigerated until ready to serve.



4 Serve with baked potato wedges.

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