PINEAPPLE & TOMATO *salsa*

A gut healthy side dish that goes well with almost everything. I love the different colors and flavors of this dish. For people who would like to improve their health by including fermented foods but who don't enjoy sauerkraut, this is a tastier alternative.

MAKES
920G

PREP TIME
15 MIN

COOK TIME
3-5 DAYS

TOTAL TIME
15 MIN

INGREDIENTS

- 350g chopped tomatoes
- 250g chopped fresh pineapple
- 1 finely diced red onion
- 2 chillies, finely chopped
- 7 garlic cloves, finely chopped
- 30g fresh coriander, chopped
- 14g Himalayan salt
- Juice of 1 lime
- 2 teaspoons apple cider vinegar (with the mother)

INSTRUCTIONS

1. Chop the ingredients and place the tomatoes, pineapple, onion, chillies, garlic and coriander in a large bowl.

2. Add the salt and mix well.

3. Add the lime juice and apple cider vinegar.

4. Remove ¼ of the salsa and blend to liquid and put it back into the bowl.

5. Pack your salsa into jars, pressing down to ensure the brine rises above the veg. If you don't do this, mold will grow and you will need to throw your entire batch out.

6. Close the jar and allow it to ferment for 3-5 days (depending on the temperature of your home). You may see bubbles form and/ or hear a popping sound when you remove the lid.

7. Taste your salsa. If it is still salty, give it another day or two and taste again. When it is ready to eat, store it in the fridge and use within 1 month.

NUTRITIONAL INFORMATION

MAKES 920G

CONTAINS:

319 KCAL
9.5G PROTEIN
1.8G FAT
63.5G CARBS

Health Concepts
GO WITH YOUR GUT

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