



Tomato Salsa

- 500g / 1 lb tomatoes; cherry, plum, etc., quartered
 - 1 red pepper, de seeded and diced (optional)
 - 1 red onion or banana shallot, diced
 - 1 clove garlic, peeled
 - 1 cup or handful fresh coriander
 - 1 tbsp apple cider vinegar, lime or lemon juice
 - 1-2 red chilies, de-seeded
 - 1 -2 tsp salt
 - 1 tsp probiotic powder
1. Pulse 1/2 the tomatoes, with half of the coriander, garlic, half of the red onion or shallot, chili, apple cider vinegar, probiotic powder and salt in the Vitamix.
 2. Add the blended mixture to the remaining ingredients in a bowl and mix to combine.
 3. Transfer to a clip top jar, leaving 1 inch at the top for breathing room.
 4. Pop into a warm place for 3-5 days to ferment and then into the fridge for up to 1 year.

