

Pico de Gallo – Mexican Salad

Bialik College Kitchen Garden Program



Bialik College

Ingredients:

- 1 Green Capsicum, finely diced
- 1 punnet of cherry tomatoes, finely diced
- ½ red onion, finely diced
- 1 corn cob, husk removed
- ½ Continental cucumber, finely diced
- bunch of lettuce, finely chopped
- handful of snow peas, finely diced
- Lime Vinaigrette Dressing:
- 2 tablespoons lime juice
- 2 tablespoons extra virgin olive oil
- 1 tablespoon fresh coriander or parsley leaves, finely chopped
- salt/pepper, to taste

Equipment:

- chopping board
- cook's knife
- metric measuring spoons
- salad spinner
- colander
- mixing bowls
- citrus juicer
- whisk

Method:

1. Carefully prepare all ingredients as listed above.
2. Combine all salad ingredients in a large mixing bowl.
3. Prepare Lime Vinaigrette Dressing in a separate mixing bowl. Whisk all ingredients together until well combined.
4. Drizzle dressing over salad ingredients and stir gently to ensure all ingredients are coated in the dressing.
5. Season with salt/pepper to taste.