

Keto Low Carb Salsa

Calories: 3,634 kcal

Servings: 4

Time: 0 Mins

Ingredients

- 1.00 pinch Black Pepper
- 1.00 tbsp Coriander (fresh, finely chopped)
- 2.00 tbsp Flaxseed Oil
- 1.00 clove Garlic (finely chopped)
- 1.00 small Lime (freshly squeezed)
- 1.00 tbsp Olive Oil
- 1.00 pod Red Chilli (finely chopped)
- 35.00 g Red Onions
- 0.50 tsp Salt
- 2.50 whole Tomato

Instructions

1. You can either use a bullet blender to get the right consistency or just chop finely.
2. Dice the tomato flesh (once seeded centre is removed) and toss through the rest of the ingredients in a bowl
3. Or add roughly chopped onion, garlic, chilli, coriander to a small bullet blender and pulse a couple of times, then add in tomato flesh and seasoning and pulse again a couple of times (this will give a nice jar of salsa consistency)
4. Serve straight away or store in a jar in the fridge