

# ZESTY APPLE SALSA



## INGREDIENTS

1 lemon  
1 lime  
90ml pure honey  
2 apples, peeled cored and diced  
1 white onion, diced  
1 poblano pepper  
85g fresh coriander

PREPARATION TIME: 30 MINS  
MAKES: 5-12 SERVINGS

## METHOD

1. Zest about half of the lemon and lime and the squeeze as much juice and pulp as possible into a bowl.
2. Add the honey and mix until well combined, set aside.
3. Peel, core and dice the apples to 5mm and add the finished dices to the juice/honey mix so the apple bits don't turn brown.
4. Peel and dice the onion to the same size as the apples, add this to the mix.
5. Remove the stem and de-seed the poblano. Dice to the same size as the others. Add to the mix.
6. Finely chop the coriander.
7. Mix everything and combine well. It should have an eerie green colour!
8. Serve with chips or over lightly seasoned fish or pork.

## NOTE

Always look for organic ingredients to be sure you are avoiding additives. Check the label carefully to ensure there are no nasties in your ingredients.

## VARIATIONS & TIPS

For a low salicylate version choose golden or red delicious apples. If not sensitive to salicylate, granny smith apples work well.

*For recipe source, please [click here](#)*