



Photo credit: Brianna Simmons

# Salsa de Chile Poblano

## INGREDIENTS

- 4 poblano chillies
- 1 medium brown onion
- Coriander
- 200ml double cream
- Olive oil
- Salt

## METHOD

1. Seed the chillies and cut into strips
2. Chop onion and parsley
3. On a hot pan, add the olive oil and the chopped chillies, onion and coriander. Cook for 10 minutes, until tender and stir frequently.
4. Blend all the ingredients together until smooth. This is where you add your salt.
5. Serve with corn chips or cooked pasta.

*Paddy's*

Recipe by Blanca Perera  
[www.paddysmarkets.com.au](http://www.paddysmarkets.com.au)

SCAN HERE TO FIND OUT  
WHEN OUR NEXT COOKING  
DEMO IS ON





Photo credit: Sarah Dyer

# Guac & Pico De Gallo

## INGREDIENTS

- 1 avocado
- 1 small tomato
- 1/4 small brown onion
- 1 green chilli
- Coriander
- 1/2 lime or lemon juice
- Olive Oil
- Salt

## METHOD

1. Smash the avocado
2. Finely chop the tomato, onion, parsley and chilli
3. Add the salt, a drizzle of olive oil and lime juice
4. Mix all the ingredients in a bowl
5. Serve with corn chips or carrot sticks.

*Paddy's*

Recipe by Blanca Perera  
[www.paddysmarkets.com.au](http://www.paddysmarkets.com.au)

SCAN HERE TO FIND OUT  
WHEN OUR NEXT COOKING  
DEMO IS ON

