TOMATO, SPRING ONION AND SWEETCORN SALSA
with Fresh Basil

1. From the pantry get a large frypan and 3 chopping boards.

2. Secure the boards to your bench with a wet chux cloth and gather some knives.

3. Gather the following ingredients from the pantry and the Harvest Table:
   2 Spring Onions
   6 Large Tomatoes or 20 Cherry Tomatoes
   2 cloves Garlic
   2 Ears of Sweetcorn
   2 Cups of Tomato Passatta (thin red sauce)
   1/4 cup Olive Oil
   Salt & Pepper to taste
   1 ½ Cups Water
   1 Bunch Basil

4. Wash and then chop the Spring Onions finely. Crush the Garlic with a big knife.

5. Wash and then chop the Tomatoes. Chop the Basil.

6. Clean the Silk from the Sweetcorn and then cut the Kernals from the Cob.

7. Heat the oil in the frypan over a medium gas flame (not too hot)
   Get an adult to help you with this stage please.

8. Gently fry the garlic until lightly browned, then add the Sweetcorn Kernals, be careful to keep the heat low and the Corn moving with a wooden spoon as it may spit at you.

9. Add the Chopped Tomato and the chopped Spring Onion, Stir well for a minute then add the Tomato Passatta and Water. Cook well for another 3 or 4 minutes, season with Salt and Pepper, add chopped Basil.

10. Serve in a bowl alongside Corn Bread and Zucchini Scallopini.