

COLDPRESSED

# the Good Oil



50% LESS  
SATURATED FAT  
THAN OLIVE OIL

IDEAL FOR FRYING,  
ROASTING, DRESSING  
AND BAKING

GROWN  
AND PRESSED IN  
NEW ZEALAND

## HOME MADE TORTILLA CHIPS & YELLOW TOMATO SALSA

### Tortilla Chips

4 white or wholemeal flour tortillas/wraps

3 Tbsp the Good oil

½ tsp smoked paprika

Preheat oven to 220°C. Line an oven tray with baking paper.

Cut each tortilla into 8 triangle wedges. **If you keep them in a round stack you can cut all four at the same time.**

Toss tortilla chips with the Good Oil and smoked paprika on the lined oven tray and season with salt and pepper.

Lay out in a single layer. You may find you need two trays depending on how many tortilla chips you want to make.

Place in oven and cook for about 5 minutes, then turn each tortilla chip, return to oven and cook for 4–5 minutes further until golden and crispy. **Keep an eye on these, depending on the strength of your oven then could crisp up quite quickly.**

Let chips cool before serving.

### Yellow Tomato Salsa

Juice of 1 lime

1 clove garlic, roughly chopped

1/4 tsp red wine vinegar

1 Tbsp the Good Oil

1 punnet yellow cherry tomatoes, cut in half or a bunch of yellow vine tomatoes, diced

1 yellow capsicum or 3 sweet baby capsicums, diced 1–2cm

½ red onion, finely diced

½ bunch coriander, roughly chopped

Small pinch toasted cumin seeds (optional)

In a medium sized bowl, whisk together lime juice, garlic, vinegar and the Good Oil.

Add tomatoes, capsicum, onion, coriander and cumin seeds (if using) and toss well to combine. Season with salt and pepper to taste.

Serve with homemade tortilla chips and sour cream and or guacamole.

**Double the recipe if serving a crowd!**