

# TOMATO AND MUSHROOM-FLAVOURED SALSA TOAST

These fresh flavours will add a little spice to your life any time of the day. The tomato and mushroom-flavoured salsa toast made with the Formula 1 Savoury Mushroom and Herb shake is great for any occasion.

## INGREDIENTS

- 300g fresh tomatoes, roughly chopped
- 1 garlic clove, finely chopped
- 1 (50g) red onion, finely sliced
- 1 red chilli, sliced
- 2 tbsp each of chopped fresh coriander, mint and basil, plus extra to garnish
- 2 limes
- 50ml water
- 2 scoops (26g) Formula 1 Savoury Mushroom and Herb
- 2 slices (60g) Wholemeal bread
- Black pepper

## METHOD

### Serves 1

Mix together the tomatoes, garlic, red onion, chilli and herbs in a large bowl. Season with black pepper and mix thoroughly. Allow to stand for 5 minutes.

Zest the limes into a bowl, then add the juice and mix in the F1 Savoury and 50ml of cold water thoroughly. Mix the F1 Savoury mixture into salsa, then toast the bread and cut into triangles. Serve the salsa with the extra herbs to garnish and the toast.

### Nutritional Values (per serving):

Protein	kcal	Fibre	Fat	Salt	Sugar
20g	311	1.4g	4.9g	1.9g	16g