PERUVIAN · SAUCE

Peruvian Salsa Criolla (Red Onion and Ají Relish)

15 min · plus 1 hour (or overnight) soaking · Makes 8 × ½ cup (65 g) · 54 kcal a portion

Video 3:09 · Green Healthy Cooking

Vegan · Paleo · Gluten-free ingredients · No nuts listed

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Raw red onion, ají pepper, coriander and lime with just a little oil: a ½ cup portion has about 53 kcal and 1 g of fibre, and the raw onion, chilli and lime make it a source of vitamin C. Vegan, no added sugar.

Diet notes: Low carb (4.6 g net carbs) but not keto: 58% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (0.4 g, 7% of the energy); DASH-friendly (150 mg sodium a serve).

Ingredients 6 · MAKES 8 × ½ CUP (65 G)

- [ ] 2 large **red onions**, very finely sliced
- [ ] 2–3 **ají amarillo peppers** (jarred or fresh), skinned, seeded and thinly sliced (or 2–3 tsp ají amarillo paste)
- [ ] 4 g chopped **fresh coriander** (cilantro)
- [ ] **Lime juice**: juice of 2 limes
- [ ] 2 tbsp **flavourless oil** (such as avocado oil)
- [ ] **sea salt**, to taste (about ½ tsp)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Peel the onions, halve them and slice them as thinly as you can (a mandoline helps). 1:09
2. Put the onions in a colander set in a bowl, cover completely with cold water and soak for at least 1 hour, or overnight in the fridge, to take away the bitterness. 1:17
3. Drain the onions very well (a salad spinner works) so leftover water doesn't dilute the salsa. 1:43
4. Peel off the skin of the ají amarillo peppers, remove the seeds and veins and slice into thin strips (or use the paste). 1:52
5. In a bowl, mix the onions, ají, coriander, lime juice, oil and salt with your hands. Spoon over rice and beans, eggs, grilled meat or fish. 2:14

> **Tip** If you can't find ají amarillo, the jarred paste works; a seeded fresh chilli is a stand-in. Store leftovers in an airtight container in the fridge.

The method is a summary in our words — the video shows every step.

One portion, ½ cup (65 g), gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
54 kcal	0.6 g	5.7 g	1.1 g	3.5 g	150 mg
220 kJ	1% of a day	4.6 g net · 2.5 g sugars	4% of a day	0.4 g saturated	6% of a day
		2% of a day		4% of a day	

Energy from net carbs 35% · protein 5% · fat 60%

Source of (10–19%) Vitamin C 15%

Recipe and video: Green Healthy Cooking (@Greenhealthycooking) on YouTube — youtube.com/watch?v=jbFP3L12y2k, published 29 September 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/peruvian-salsa-criolla-red-onion