Pico de Gallo

10-12

20 min prep

INGREDIENTS

- 4 ripe but firm tomatoes, diced
- 1 medium red onion, finely chopped
- 1 habanero pepper, finely minced (adjust to your spice preference)
- 1/2 cup fresh cilantro, chopped
- 1/2 cup cucumber, diced
- 1/2 cup finely diced carrots
- Juice of 2 limes
- Salt to taste

DIRECTIONS

1. Combine the diced tomatoes, red onion, habanero peppers, cilantro, carrots & cucumber in a medium bowl.
2. Squeeze the lime juice over the mixture.
3. Add salt to taste.
4. Gently stir all the ingredients together until well combined.
5. Allow the Pico de Gallo to sit for about 10 minutes to allow the flavors to meld.
6. Serve fresh with your favorite Belizean dishes, such as garnaches, panades, or alongside grilled meats.

NOTES:

- Pico de Gallo means "rooster's beak," possibly because it was once eaten with the fingers, like a bird pecking at seeds.
- You'll find Pico de Gallo everywhere in Belize — from market stalls to family dinners—where it's more than just a condiment; it's a symbol of Belizean hospitality. Whether scooped up with fresh corn tortilla chips or served alongside grilled seafood, Pico de Gallo adds the perfect burst of flavor to any dish.