



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 10 mins

Cook time: 45 mins

Serves: makes 5 cups

INGREDIENTS

- 2 tbsp olive oil
- 1 large red onion, finely diced
- 1 small green apple, peeled and diced
- 4 cloves garlic, crushed
- 1500g ripe tomatoes, diced
- 1 tsp minced ginger
- 2 tbsp chives, finely sliced
- Juice of 1 lime
- 1 tbsp tumeric, ground
- 1-2 tsp chilli flakes
- 1 tsp mustard powder
- 1 tsp yellow mustard seeds
- 1 tsp sweet paprika, ground
- 1 tsp cumin, ground
- ½ tsp cloves, ground
- 2-3 tsp pink rock salt
- ½ tsp black pepper
- ½ cup apple cider vinegar
- 2 tbsp balsamic glaze/vinegar
- 2 tbsp coconut amines
- ½ cup monk fruit powder

METHOD

- Heat 1 tsp oil in large saucepan.
- Add onion and garlic, and saute for 5 minutes.
- Add 1 tbsp oil, and add ginger, chives, tumeric, chilli, mustard, mustard seeds, paprika, cumin, cloves, salt and pepper and stir fry until pungent,
- Add all other ingredients, mix and simmer for 45 minutes, until thickening.
- Cool slightly and pour into sterilised jars.

SUGAR FREE, SPICY TOMATO CHUTNEY

