

Mixed Vegetable Chutney

Ingredients – serves 6

- 2 tablespoons extra virgin olive oil
- ¼ cup red onion (small dice)
- ½ cup yellow pepper (small dice)
- ½ cup zucchini (small dice)
- 2 tablespoons garlic (minced)
- 2 tomatoes (small dice)
- 3 tablespoons honey
- 2 tablespoons red wine vinegar
- ½ cup green onion (thin slice)
- Salt and pepper to taste

What it goes with

- This makes a great spread for sandwiches or a dip for crackers
- Mix it into your sautéed vegetable at the very end for some great flavour
- Spread onto your cooked chicken breast or steak for a new taste

Method

1. Pre-heat a large non-stick fry pan on med-med-hi, add the oil and sauté the red onion, zucchini and yellow pepper until soft but not browned. Add the garlic and sauté for one minute more.
2. Now add the tomatoes and cook until soft.
3. Add the honey and the vinegar.
4. Stir well and cook until most of the moisture has evaporated and then remove from the stove to cool.
5. Add the green onion, salt and pepper after the mixture has cooled a little and serve at room temperature or chilled.

Variations and Options

- To make a great sauce, simply add one cup vegetable stock to the recipe when you add the honey and the vinegar and skip step 4.
- To make an amazing salad dressing simply take the chilled recipe and add ½ cup of extra red wine vinegar and whisk until combined. Now while whisking, slowly pour in one cup of extra virgin olive oil. Transfer to a storage container and keep in the fridge for up to 3 weeks.
- To save time, make a large batch of the recipe and portion into plastic storage containers and then freeze. It will easily last up to 6 weeks in the freezer.