

Fruit Chutney



Ingredients:

- 1 peice of ripe fruit (mango, nectarine, apricot..etc)
- 1 red onion
- 1 semi ripe tomato
- 1 chilli (optional)
- 1 tsp garlic powder
- 1 tsp ginger powder
- 1 tsp salt
- 2 tbsp syrup (optional - depending on sourness of the fruit and personal taste)
- 2 tbsp cider vinegar or white wine vinegar

Method:

1. Cut fruit into small chunks.
2. Finely blend the onion, tomato and chilli.
3. Put all ingredients into a non-stick pan.
4. Gently cook while stirring continuously.
5. Cooking time will vary depending on fruit selected, but will look and taste good when done.

© Elaine Dickinson 2019

Permission to use and distribute in fellowship groups is given providing no charges are made.

Email applications to republish should be sent to admin@thelittlechurchworld.org

For more recipes visit Wai's Kitchen, TLC World at <https://tlcwhk.com/>