

TOMATO CHILLI RELISH

Found a few old tomatoes hanging around? Don't throw them out, transform them into a delicious relish instead! This version uses dried fruit (use anything in your cupboard – dates, currants or sultanas) to sweeten and add an extra depth of flavour. The chia seeds will swell as the relish sets, which will give it a lovely jam-like finish. We added a chopped chilli and some yellow mustard seeds for some spice, however you can mix it up with your own favourite flavours. Try some ginger or a little curry powder, add some onion or a splash of balsamic vinegar – whatever you have on hand! This relish will keep refrigerated for up to 3 weeks in a sealed jar. Enjoy on toast, eggs, sandwiches or as a dip!

Ingredients

- 3 tomatoes
- 1 red chilli
- 1 garlic clove
- 1/4 cup sultanas
- 1 tsp yellow mustard seeds
- 2 tsp chia seeds
- 1/2 tsp salt



Method

1. Dice tomatoes, slice chilli and crush garlic clove. Add to a saucepan with sultanas, mustard seeds and 1/2 tsp salt.
2. Pour 1/2 cup water into pan and bring to the boil. Reduce heat and simmer for 15 minutes until reduced.
3. Transfer to a blender and add chia seeds. Process until smooth but still slightly chunky.
4. Transfer to a jar, seal and store in the fridge until serving.

Want to make this at home? We used WA tomatoes and garlic for the relish. To serve we used Abhi's Long Sourdough Rolls and Organic Times Organic Salted Butter from the Marketplace:

