

Tomato KasundiDFV

This Indian-style chutney is great with meats, poultry, vegetables and as an accompaniment on a cheese board.

Serves	3	Per serve (2 tbsp)
Prep time	5 minutes	Carbs 0.7 g
Cook time	30 minutes	Protein 0.3 g
Difficulty	●●●	Fat 1.4 g
		Energy 17 Cal

INGREDIENTS

¼ cup olive oil
1 tsp mustard seeds
1 tsp fennel seeds
1 tsp cumin seeds
1 tsp ground turmeric
1 tsp chilli powder
1 tsp smoked paprika
3 tsp freshly grated ginger
5 cloves garlic, minced
1 diced green or red chilli,
including seeds
½ cup vinegar
800 g canned chopped tomatoes
(or use fresh)
zest and juice of 1 lemon
1 tbsp sea salt

METHOD

Heat the oil in a medium-sized pot over a medium heat. Add the mustard, fennel and cumin seeds and cook, stirring, for about 1 minute until fragrant.

Add all the remaining ingredients, bring up to a simmer and cook, uncovered, for 20–25 minutes until thickened. Season to taste with salt and freshly ground black pepper.

Allow to cool completely before transferring to a container with a tight-fitting lid. It will keep in the fridge for 1–2 weeks, or in the freezer for 1–2 months.

