



Tomato Relish

Season: Summer

Difficulty: Easy

Type: Accompaniment

Serves: 1 1/2 cups

Fresh from the garden: Tomatoes

Equipment: Chopping board Chef's knife Saucepan Measuring spoons Wooden spoon Gloves	Ingredients: 1 tbs olive oil 1 small brown onion, finely chopped 1 garlic cloves, crushed 1 small fresh red chilli, halved, deseeded, finely chopped 500g ripe vine-ripened tomatoes, coarsely chopped 2 tbs brown sugar 2 tbs white wine vinegar 2 tsp wholegrain mustard
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What to do:

1. Chop onions, garlic, tomatoes and carefully chop chilli (with gloves on).
2. Heat the oil in a medium saucepan over medium-low heat. Add the onion and cook, stirring often, for 5 minutes or until soft.
3. Add the garlic and chilli, and cook, stirring, for 2 minutes or until aromatic.
4. Add the tomato to the onion mixture and cook, stirring occasionally, for 5 minutes or until the tomato breaks down.
5. Add the sugar, vinegar and mustard, and cook for 20 minutes or until the mixture thickens. Pour into an oven tray to cool, cover and refrigerate. Transfer to serving bowl or sterilised jar.