



GREEN CHUTNEY

Ingredients:

100g fresh coriander
50g fresh mint
2-3 green chillies (add more for extra heat)
3-4 cloves of garlic
Juice of $\frac{1}{2}$ a lemon
Splash of extra virgin olive oil
Pinch of salt
Pinch of cumin powder (optional)

Method:

Chop the coriander roughly, stalks included. Pick the mint leaves ensuring no stalk. Roughly chop the chillies. Throw all the ingredients into a blender, adding enough oil to get the blender going. Blend until smooth.

Serve as a dressing, a relish, as a dip or add a little when making curry. Temper with yoghurt to make it a little more family friendly.

Store in the fridge in a covered jar / container. It will last a couple of weeks.