



## OUR RECIPE

# Coriander and Mint Chutney

Serves 6

## INGREDIENTS

160g fresh coriander leaves

80g mint leaves

Juice of a lemon

1 green chilli

1/2 tsp cumin

2 cm fresh ginger



Use a dessert spoon to scrape or peel the ginger.

## METHOD

1. Peel the 2cm piece of ginger and add it along with the mint leaves, coriander, including the stalks as well as the whole green chilli to a blender.
2. Whizz together until a chunky consistency.
3. Add half a teaspoon of cumin powder, the juice of a lemon or lime and a pinch of salt and blend.
4. Add water until you reach the consistency you prefer.

If you don't have access to a blender, chop and dice all the ingredients in step one of the recipe in to small size pieces.

**Serving suggestion** - Serve with our curried vegetable fried rice recipe or as a condiment for a sandwich or with any of our curry recipes.

