

Beetroot & Apple Chutney



PREP
20 MINS



COOK
20 MINS



SERVING
3 JARS



Use coconut oil

INGREDIENTS

- 500 grams / beetroot, peeled and grated
- 500 grams / granny smith apples, peeled and grated
- 1 / Spanish onions, medium, finely diced
- 3/4 cup / apple cider vinegar
- 3/4 cups / rapadura sugar
- 1 / star anise
- 1 / cinnamon stick
- 1 teaspoon / fennel seeds
- 1 / organic orange, juice and zest

METHOD

1. Place all the ingredients in a large heavy based saucepan over medium heat. Stir occasionally until the sugar dissolves, about 20 minutes. Reduce to a simmer for around an hour or until the chutney starts to thicken slightly. Spoon the hot chutney into sterilised jars and seal

Chutney will keep after opened for 2 months in the fridge



Can be served with:

- Roasted pumpkin, millet and herb patties
- Moong Bean soup
- Moong Daal pancake

