

SallyBee



Campaigning for people to "Season with Sense"



SALLY BEE'S TOMATO PICKLE RELISH

-  **Prep:** 10 minutes
-  **Cook:** 25 minutes
-  **Serves:** 4 (as a side)

INGREDIENTS:

- Drizzle olive oil
- 4 banana shallots, finely diced
- 2 cloves garlic, crushed
- 1 mild red chilli, de-seeded and finely chopped
- 8 medium tomatoes on the vine
- 2 tbsp apple cider vinegar
- Handful fresh basil, chopped
- Freshly ground black pepper
- Pinch of **LoSalt**
- Sprinkle smoked paprika
- 1 tbsp runny honey
- 1 tbsp tomato puree

METHOD:

1. Drizzle the olive oil into a non-stick frying pan and place over a medium heat.
2. Add the diced shallots and crushed garlic and sauté for 4-5 mins.
3. Meanwhile prepare the mild chilli by removing the seeds and chopping finely. And wash and chop the tomatoes.
4. Add these to the onion mixture and cook over a medium heat for 10 minutes, stirring regularly.
5. Next add the tablespoons apple cider vinegar, the fresh basil, freshly ground black pepper, pinch of **LoSalt**, smoked paprika, honey and tomato puree.
6. Mix and simmer for a final 6-8 minutes.
7. Serve warm or cold with salad, chicken, fish or with my Simple Summer Guacamole.