



This relish or red sauce is great for dips, homemade burgers , chillis , cottage pies , lasagnes , moussaka. Vary it to the dish using different herbs and spices.

RELISH / RED SAUCE

INGREDIENTS

- 1 x red onion
- 2 cloves garlic
- 1 sweet red pepper
- Tin Chopped tomatoes
- Herbs like basil / oregano / paprika / cumin (see below for tips)
- Sea salt
- Black Pepper
- 1 tbsp maple syrup
- Olive oil
- Apple Cider Vinegar

METHOD:

- Dice 1 red onion, 2 cloves garlic, 1 sweet red pepper and add to a heated pan with a little olive oil.
- Cook and saute slowly for 20 minutes.
- Add 1 tsp of maple syrup or coconut sugar.
- Add some water to avoid sticking.
- Add a splash of balsamic vinegar, splash apple cider vinegar, seasalt and black pepper.
- Finally add 1 tin of chopped tomatoes
- Reduce to a nice consistency for another 10-15 minutes
- This will keep in the fridge for 3 days.
- You can also experiment with a dash of cumin or smoked paprika or chilli powder depending on your taste buds.