



MANGO CHUTNEY



SERVES:

2-3

PREP TIME:

20M

COOK TIME:

1H 30M

DAIRY FREE VEGAN VEGETARIAN

INGREDIENTS:

1 Cup Crofter's Organic Premium Mango Fruit Spread

1 Tbsp Olive Oil

2 Tbsp Fresh Ginger (Peel and Grated)

2 Cloves Garlic (Minced)

2-3 Red Thai Chilis (Sliced)

2 Tsp Black Sesame Seeds

1 Tsp Ground Coriander

½ Tsp Ground Cumin

½ Tsp Turmeric

¼ Tsp Ground Cloves

¼ Tsp Ground Cardamom

¼ Tsp Ground Cinnamon

2 Large Mangoes (Diced)

½ Tsp Salt

½ Cup White Sugar

½ Cup White Vinegar

DIRECTIONS:

1. Lets first begin by preparing the veggies. Peel and grate the ginger, mince the garlic, and slice the red chilis into small pieces. Remove the seeds from the chili if you want to reduce some of the heat. Set aside.
2. In a small sauce pot, add in the olive oil, ginger, garlic, and chilis. Simmer over medium heat until they begin to turn soft. Now add in the black sesame seeds, coriander, cumin, turmeric, cloves, cardamom, and cinnamon. Continue to stir and sauté for another 2 minutes.
3. Next, add in the fresh diced mango, Crofter's Organic Premium Mango Fruit Spread, salt, white sugar, and vinegar. Stir until evenly mixed and then bring up to a rapid boil. Once boiling, reduce heat to medium/low and allow to simmer for 1 hour 30 minutes.
4. Once the chutney is finished simmering, it will start to thicken up. Remove from the heat and allow to cool slightly. Serve with rice and naan or pair it with your favorite curry, enjoy!