



Experience a tasty treat with this Indian Spiced Courgette.

Perfect with a lovely pork pie.

You will need:

- 1kg Courgettes
- 2 Onions
- Root Ginger/1tsb Ginger Puree
- 6 Garlic Cloves
- 2tbs Salt
- 2tbs Black Mustard Seeds
- 1tbs Coriander Seeds
- 1bs Turmeric
- 1tbs Cumin
- 100ml Sunflower Oil
- 300ml Cider Vinegar
- 225g Demerara Sugar
- Optional Chilli



**“JAR SIZE I USED  
190ML JAM JAR”**

Chop the courgettes, salt and leave in a colander to drain moisture out. For about 2 hours minimum. Then rinse several times to remove the salt. Leave to one side to drain.

In a food processor put the Onion, Garlic, Ginger & half the Oil. Blend into a puree.

Fry the Black Mustard and Coriander Seeds in the remainder of the oil until they start to pop. Then reduce heat.

Stir in the Turmeric & Cumin for 1 min.

Add in the vinegar and sugar and stir until dissolved.

Add in the drained courgettes.

Stir occasionally and simmer for around 30 mins to reduce the liquid.

Sterilise your jars

Fill your jars with the chutney mix and secure the lid.

Leave to cool then store for around 8+ months.

**Mum's Makery**

[www.mumsmakery.co.uk](http://www.mumsmakery.co.uk)

[www.youtube.com/mumsmakery](http://www.youtube.com/mumsmakery)

**12 MONTHS OF CHRISTMAS**



**Indian  
Spiced  
Chutney**