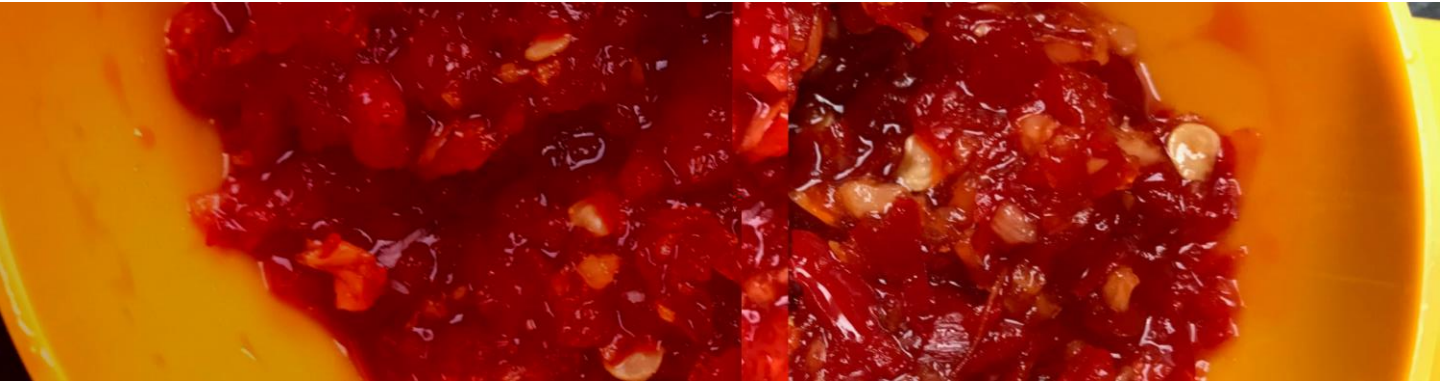


SWEET CHILLI SAUCE



QUICK

Less than 15 mins

HEALTHY

Chilli is a good source of vitamin C, A and E – so is great for boosting your immune system

FAMILY

This is hot and sweet so will be enjoyed by those who like stronger flavours!

MEALS

A great accompaniment for thai dishes and to add some sweet and spicy flavour to meat or fish

INGREDIENTS

Makes approx. 120g sauce

- 12 red chillies
- 4 medium garlic cloves
- 2 tbs apple cider or white wine vinegar
- 2 tbs agave syrup

METHOD

1. Remove the seeds from the chillies
2. Put the chilli and garlic into a food processor and blitz
3. Add the vinegar and agave syrup and blitz again to mix well (5 secs)
4. Put into a saucepan and bring to the boil
5. Reduce the heat and simmer for 10 minutes.
6. Keep your eyes on it – if it gets too dry... add some water or vinegar.
7. Taste and add more vinegar/syrup to taste



@quickhealthyfamilymeals

To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com