



Beetroot Chutney

Ingredients:

- 500g beetroot, peeled and diced
- 1 medium onion, chopped
- 1 apple, cored and grated
- 2 tsp mustard seeds
- 2 tsp coriander seeds
- 2 tsp cloves
- 2 tsp ground cinnamon
- 2 tsp salt
- Pinch of fresh black pepper
- 150ml balsamic vinegar
- 1 tbsp honey



Method:

1. Combine the beetroot, onions, and apples in a large pot.
2. Grind the mustard and coriander seeds using a pestle and mortar, then add to the pot with the remaining ingredients.
3. Bring to a gentle simmer and cook for approximately one hour, stirring occasionally, until the mixture is thick and the beetroot is tender.
4. Allow to cool for 10 minutes before transferring to a sterilized jar. Refrigerate and enjoy within 2-3 weeks.

Yield: ± Makes roughly 1.5-2 cups

Prep time: ± 15 minutes

Cook time: ± 1 hour