

## An Amazing Golbheda ko Achar (tomato chutney) Recipe

This is one of the ways the children eat vegetables alongside their rice and dal. It's full of flavour so a little goes a long way!

### Ingredients

- 12 ripe medium sized tomatoes
- 2 large hot fresh red Chillies
- 10cm stem of fresh Ginger (finely grated)
- 6 cloves garlic (chopped fine)
- 1 heaped tsp Coriander Ground
- 1 heaped tsp Cumin Ground
- 1 heaped tsp Mustard seeds
- 1 heaped tsp Fenugreek Seeds
- 1 heaped tsp Turmeric
- 1 pinch of salt



### Method

1. Dry roast the tomatoes and the red chillies in the oven on a high heat until nicely roasted on all sides – chillies should be slightly charred.
2. Let the tomatoes and chillies cool before removing the skins
3. Chop the tomatoes small and reserve in a bowl with all the juice
4. Chop the chillies very finely
5. Heat 3 tbsp olive oil in a frying pan, add the mustard and fenugreek seeds. Once the seeds start to splutter, add the grated ginger and chopped garlic.
6. Cook until the garlic is soft and lightly browning.
7. Add the chopped tomatoes, chillies, reserved tomato juice, ground cumin, coriander, turmeric and salt.
8. Cook on medium heat, stirring, until all the water is evaporated and the achar is nice and thick.

Put a small spoonful of the Achar on the side of your plate, and dip into it whenever you want to give your Dal Bhat a tang!