

Hot Spanish Topper

Ingredients

150g tomatoes

90g red pepper

30g red onion

1 teaspoon very finely chopped red chilli

1-2 cloves garlic, crushed

3 teaspoons mango and lime chutney

1 teaspoon sunflower oil

Salt and pepper, to taste



Method

1. Deseed the tomato and finely chop the flesh. Deseed and finely chop the red pepper, place in a bowl with the tomato.
2. Finely chop the red onion, add to the bowl with the finely chopped chilli and crushed garlic.
3. Combine the mango chutney, oil and seasoning to taste, add to the prepared vegetables and stir well until thoroughly coated with the dressing.
4. Serve as a topping for the Loprofin Herb Crackers.

This recipe was provided by Nutricia