



Chilli Con Carne Pie Side Dishes



Sweet Chilli Tomato Chutney

Serves 4

Ingredients

1 tbsp vegetable oil
1/2 medium brown onion, chopped
1 large clove garlic, finely sliced
1 tbsp red wine vinegar
1 tsp tomato paste
4 medium tomatoes, chopped
2 tbsp sweet chilli sauce
1 tsp ground cumin
1 tsp ground cardamom
Salt and pepper to taste
Fresh coriander, chopped to serve

Method

Using a non-stick sauté pan, heat oil on low and add onion and garlic. Cook until onion is translucent. Add remaining ingredients and continue to cook on low heat until mixture is thick. Top with a sprinkle of fresh coriander. Serve warm or cold.

Avocado and Tomato Salsa

Serves 4

Ingredients

1/2 avocado, diced
12 -15 cherry tomatoes, quartered
1 small clove garlic, crushed
1/2 red onion, finely diced
2 tbsp olive oil
2 tsp red wine vinegar
1 tsp ground coriander
1 tsp ground cumin
Pinch of red pepper flakes (optional)
Salt and pepper to taste

Method

Combine all ingredients in a bowl. Cover and chill to let the ingredients infuse.

Green Salad with Red & Yellow Capsicum Strips

Serves 4

Dressing

1/2 cup good olive oil
Juice of 2 limes
1 small spring onion, finely chopped
1 tbsp fresh coriander, chopped
Pinch of sugar
Salt and pepper to taste

Salad

150gms Fresh mixed salad greens
1/2 each yellow and red capsicum, finely sliced

Method

Whisk all dressing ingredients in a small bowl to combine thoroughly. Arrange greens and capsicum on a platter and drizzle with dressing.