

## CHUNKY TOMATO RELISH

### Equipment needed –

Large frying pan, small knives, chopping boards, measuring cups, measuring spoons, wooden spoon and 3 small serving bowls.

### Ingredients from the Garden –

- 700 grams of cherry tomatoes halved
- 2 spring onions finely chopped

### Ingredients from the Pantry –

- 1 teaspoon of black mustard seeds
- ½ cup of firmly packed brown sugar
- 4 tablespoons of red wine vinegar
- 2 tablespoons of olive oil

### What to do –

1. Cut the cherry tomatoes into half and set aside.
2. Wash and finely chop the spring onions.
3. Measure out 2 tablespoons of olive oil into a large frying pan and heat over a medium heat.
4. Add the spring onions and 1 teaspoon of black mustard seeds and cook stirring occasionally for 3-4 minutes.
5. Add the tomatoes, ½ cup of brown sugar, and 4 tablespoons of red wine vinegar. Cook stirring occasionally for about 5 minutes or until the tomatoes are soft. Set aside to cool.
6. Once the relish is cool, season with black pepper.
7. Divide the relish amongst 3 small serving bowls.

### Serves –

- 28 students.