

DESHNI'S MACKEREL CHUTNEY

SERVES: 4

INGREDIENTS

- 1 Can chopped tomatoes, blended
- 1 Can (425g) mackerel (remove bones)
- Thumb size piece of ginger, chopped (then blended if possible)
- 2 Garlic cloves, chopped (then blended if possible)
- 2 Green chilis, cut in half (with or without seeds, to taste)
- 2 Onions, chopped
- ¼ Teaspoon turmeric
- ¼ Teaspoon cumin seeds
- 1 Tablespoon oil
- 1 pinch of salt
- Handful chopped coriander to garnish

METHOD

1. Heat the oil, add the onion, ginger and garlic, flavor with a pinch of salt and cook until onions are transparent
2. Add turmeric, cumin seeds and chili and fry for 1 - 2 minutes
3. Add tomatoes, cook on a low heat to reduce, it's ready when oil separates from the tomato (about 20 minutes)
4. Add mackerel and cook for another 5 minutes
5. Garnish with coriander