

# Green tomato relish



## Ingredients:

1 tablespoon olive oil

3 eschalots, thinly sliced

1 teaspoon yellow mustard seeds

1/4 teaspoon red chilli flakes

1/4 teaspoon ground allspice

100grams caster sugar

2 tablespoons aged white wine vinegar or cider vinegar

4 green tomatoes, quartered, cut into thin slices

## Method:

- 1) Heat oil in a frying pan over medium heat, add eschalots, mustard seeds, chilli, allspice and 1 teaspoon sea salt and cook for 8 minutes. Add sugar, vinegar and tomatoes and cook for 10 minutes or until tomatoes are soft.