

# Courgette chutney



A mildly spiced courgette and apple chutney with juicy raisins and a gentle hint of ginger, delicious to add to your sandwiches, wraps or cheese boards. Naturally sweetened and free from refined sugar! Don't forget to sterilise your jars before pouring in the chutney. It's vital in preventing harmful bacteria getting into your chutney and posing a health risk.

Makes: About 5 x 500ml jars • Preparation time: 60 minutes

## Ingredients

- 1 large courgette, chopped
- 1 red apple, peeled and chopped
- 1 stick celery, chopped
- 1 large handful mixed raisins and sultanas
- 50 ml cider vinegar
- 1 tsp ground ginger
- 1 clove garlic, finely chopped
- ½ tsp coriander seeds, crushed
- 2 tbsp agave nectar or honey
- Salt and pepper

## Method

1. Put all the ingredients, except the agave nectar, and salt and pepper into a heavy-bottomed saucepan.
2. Simmer for around 45 minutes or until thickened. Taste carefully (it will be hot!) along the way and add salt, pepper and agave nectar to taste.
3. Once thickened, pour carefully into sterilised jars (see below), seal with the lids and store in the fridge.

## How to sterilise your jars

- Wash the jars thoroughly using warm water and washing-up liquid and rinse clean.
- Place a sheet of baking paper on one of the shelves of your oven (not at the bottom of the oven) and place the jars on the shelf – making sure they're not touching each other.
- Heat your oven to 140°C and dry out the jars for around 15-20 minutes.
- Lids can be left in boiling hot water to sterilise.

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