

# Microwave cherry relish



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Preparation 25 mins | Cooking 43 mins | Makes 2 cups (500ml)

Serve cherry relish with sliced turkey, ham, cooked prawns or with cheese.

- 1 tbs olive oil
- 1 medium red onion, peeled and finely chopped
- 2 tsp freshly-grated ginger
- ½ tsp ground cinnamon
- 750g cherries, pitted and halved
- 1 medium apple, roughly chopped
- pinch salt
- 1 cup raw sugar
- ½ cup red wine vinegar

**STEP 1** Combine oil, red onion, ginger and cinnamon in a large heatproof, microwave-safe bowl. Cook uncovered on High/100% for 3 minutes or until onion is soft.

**STEP 2** Stir in cherries and apple. Cook uncovered on High/100%, stirring every 2 minutes, for 5 minutes. Add salt, sugar and vinegar and stir well to combine. Cook uncovered on High/100%, stirring every 10 minutes, for 35 minutes or until relish is thick.

**STEP 3** Ladle hot relish into a hot sterilised 2-cup (500ml) jar and seal. Once opened, store in the fridge and use within 1 month.

### Good for you... **CHERRIES**

*A source of vitamin C. This vitamin helps the body defend itself against infections. The carbohydrate found in cherries has a low glycaemic index (GI), which means it is slowly absorbed and will provide long lasting energy. Cherries contain some valuable antioxidants with the highest quantities found in fruit with darker-coloured flesh.*

