

Tomato, capsicum & chilli relish



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Preparation: about 20 minutes

Cooking: about 2 hours

Makes: about 2 cups

Serve with barbecued meat, chicken or fish. Or serve with sliced ham or turkey and rocket on crusty bread.

- 2 tbs olive oil
- 1 brown onion, finely chopped
- 2 garlic cloves, finely chopped
- 2 red capsicums, halved lengthways, deseeded and cut into 2cm pieces
- 500g cherry tomatoes, quartered
- 2 small red chillies, halved lengthways, deseeded and chopped
- ½ cup white wine vinegar
- 1 cup brown sugar
- ¼ cup currants
- Salt and ground black pepper

1. Heat oil in a medium saucepan over medium heat. Add onion and cook, stirring occasionally, for 5 minutes until tender. Add garlic and capsicums and cook, stirring occasionally, for 5 minutes. Add tomatoes, chillies, vinegar and sugar. Stir to combine and bring to the boil. Reduce heat and simmer, stirring occasionally, for 1½ hours or until thick. Stir in currants and season with salt and pepper to taste.
2. Pour hot mixture into a warm sterilized jar/s and allow to cool. Firmly seal when cold. Store in the fridge for up to 1 month.



Tomatoes

- Tomatoes are the richest food source of lycopene, a member of the carotenoid family which is important for the health of the prostate gland. The redder the tomato, the higher its lycopene content.
- An excellent source of vitamin C, which the body uses to defend itself against infection.
- Provide potassium which is used by the body to balance adverse effects of the sodium in salt.
- As well as vitamin C, cherry tomatoes also provide vitamin E. These antioxidant vitamins help strengthen the health of the membranes around every body cell.