DietCloud – Recipe

Recipe Name: Sweet and Spicy Tomato Chutney Recipe With Garlic

Diet Type:

Course: Side Dish

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 6 Tomatoes - finely chopped	6
• 4 cloves Garlic - finely chopped	
• 1 tablespoon Whole Black Peppercorns	
• 1 inch Cinnamon Stick (Dalchini)	
• 2 Green Chillies - finely chopped	
• 1/4 cup Cashew nuts - roughly chopped	
• 1/4 cup Jaggery	
• 1 teaspoon Red Chilli powder	
• Lemon juice - from one lemon	
• Salt - to taste	

Preparation

• To begin making the Sweet and Spicy Tomato Chutney Recipe With Garlic, first prep the ingredients according to instructions.

• In a heavy bottom pan add all the ingredients except sugar, lemon and red chilli powder.

• Cook it at the medium flame by stirring it continuously until the tomatoes have softened.

• When the tomatoes soften, add sugar and red chilli powder and continue cooking at medium flame until the tomato chutney thickens.

• Check the salt, sweetness and spice and adjust to suit your taste.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)