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Tomato and chilli relish



Ingredients

1 tablespoon of olive oil
1 small red onion
2 cloves of garlic
1 small red chilli
4 large tomatoes
2 tablespoons of brown sugar
2 tablespoons of rice vinegar

Preparation

1. 1. Peel and chop the onion finely. Crush the garlic cloves. Chop the chilli finely after removing the seeds. Score the large tomatoes and cover briefly with boiling water, then peel off the skins and chop into small pieces.
2. 2. Heat the olive oil in a non-stick frying pan, then cook the onion gently for about 5 minutes, until soft but not brown. Stir in the chilli, garlic and ginger and cook for a further 2-3 minutes. Add the tomato pieces and cook for 5 minutes more.
3. 3. Add the sugar and vinegar, then cook over a low heat for about 10 minutes, stirring occasionally, until the mixture begins to thicken. Remove from the heat and pour into a small bowl to cool before serving.
4. Tomato relishes often contain white wine vinegar, but the rice vinegar works well instead, or you could try lemon juice.
5. If you don't have fresh chilli, you could use chilli powder, paprika or cayenne pepper to add heat.