



Simple Tomato & Chilli Jam

Makes 8 portions

Prep time: 5 minutes
Cooking time: 40 minutes
Per portion
Calories: 46
Fat: 0.2g
Saturates: 0g
Carbs: 10.8.g
of which sugars: 10.6g
Salt: 0.14g

Ingredients:

- 1 x 200g can of chopped tomatoes
- 75g Dark Muscovado sugar
- 1 small red onion – peeled and quartered
- 2 red chillies
- 1 tbsp Balsamic vinegar
- rapeseed oil spray
- A pinch of sea salt and black pepper to taste

Instructions:

Remove the tops from both the chillies and place in a blender with the onion and blend until very finely chopped.

Heat the oil in a small heavy based frying pan until hot. Add a couple of sprays of the rapeseed oil and add the onion and chilli mixture to the pan and cook for 2-3 minutes until softened – stirring all the time.

Add the balsamic vinegar to the pan and cook for a further minute.

Add the sugar, stir until fully mixed in. Cook until mixture starts to boil, turn the heat down slightly to control the boiling, cook for a further 5 mins, then add the salt and a little black pepper.

Gently pour in the chopped tomatoes and stir. Bring back to the boil then reduce the heat to achieve a simmer. Cook for a further 30 minutes or until the excess liquid has been absorbed and a thick consistency has been achieved

Allow to cool completely then store in the fridge in an airtight container – this will keep for 7 days.

This is great with a burger, in a cheese sandwich, as a pizza topping, a quick pasta sauce (thin it down with a tiny amount of hot water) and so much more!