

Fresh Peach Chutney

Chutney is similar to salsa or relish. It is usually made with fresh, chopped fruit or vegetables with seasoning added. This tasty Peach Chutney can be served with other recipes such as Kedgeree, Lamb and Vegetable Samosas, or Turkey Tikka Balls. These recipes are all available on our website.



Soya and wheat (gluten)*

Nutritional information per portion (91g):

Energy 242kJ 58kcal 3%	Fat 3.6g 5%	Saturates 0.5g 2%	Sugars 5.8g 6%	Salt 0.12g 2%
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of an adult's reference intake.
Typical values per 100g: energy 266kJ/64kcal.

Equipment

Colander
Sharp knife
Chopping board
Mixing bowl
Juice squeezer
Measuring spoon
Clean tea towel or kitchen roll
Scissors (optional)
Metal spoon

Ingredients

Serves 4
2 fresh, ripe peaches
1 lime (juice only)
1 small orange (juice only)
10g (about a handful) fresh coriander leaves
6 spring onions
Ground black pepper (optional)
1 x 15ml spoon olive oil
Dash of soy sauce
Dash of Tabasco sauce (optional)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Be very careful when cutting the peaches in half. The round shape makes them unstable on the chopping board. Make sure you use ripe peaches (you may need to buy them a few days before cooking to give them a chance to ripen).
- If you want you can use scissors to chop the coriander and spring onions.

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Method

1. Wash the peaches. Carefully cut the peaches in half, peel off the furry skin and remove the stone. If the peaches are ripe you should be able to easily peel off the skin and pull out the stone with clean fingers.
2. Chop the peach halves into small 1–2cm chunks. Place into the bowl.
3. Cut the lime in half and squeeze. Add the juice to the bowl.
4. Cut the orange in half and squeeze. Add the juice to the bowl.
5. Wash, pat dry and finely chop the coriander leaves.
6. Wash, dry and top and tail the spring onions, then chop them finely.
7. Place the herbs, spring onions and all the other ingredients in the bowl and mix well.

Something to try next time

- Try using plums instead of peaches.

Prepare now, eat later

- Prepare up to 4 hours ahead and chill in the fridge. Peaches can start to turn brown when chopped, but the acid in the lime and orange should help to prevent this from happening.

Skills used include:

Washing, measuring, peeling, chopping, squeezing, mixing/combining and serving.