



RED ONION AND TOMATO JAM

This weeks recipe of the week is a delicious homemade Red Onion & Tomato Jam. Great to serve on a platter alongside cheese, olives and crackers or as a side to quiche and salad or meat and vegetable dishes.

Ingredients:

1 punnet cherry tomatoes chopped into quarters

500g red onions sliced

2 tablespoons olive oil

1 tablespoon of maple syrup

4 tablespoons balsamic vinegar

3 tablespoons apple cider vinegar

3 tablespoons red wine

2 cloves of garlic (crushed)

2 teaspoons wholegrain mustard

pinch salt

pinch of **sweet paprika**

pinch of **chilli flakes**

Method:

1. Warm the olive oil in a pan and add the sliced onions on low heat, stirring occasionally so as to not

burn. After 5 minutes, add the garlic and cook for a further 3-4 minutes.

2. Stir in the remaining ingredients, increasing the heat to medium. Bring the mixture to the boil and then simmer, stirring occasionally for about an hour until the mixture thickens.

Gluten Free | Dairy Free | Refined Sugar Free