

Mango Chutney

This tangy, mango chutney is a great addition to spiced salmon or roasted pork tenderloin!

YIELD 8 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 35 MIN
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INGREDIENTS

2 tsp	Olive Oil
2 each	Cloves, whole
½ tsp	Coriander, ground
½ tsp	Ginger, ground
¼ tsp	Cumin, ground
⅛ tsp	Cardamom, ground
⅛ tsp	Turmeric, ground
⅛ tsp	Red Pepper Flakes
⅛ tsp	Black Pepper, ground
¼ medium	Red Onion, diced small
½ medium	Red Bell Pepper, diced small
2 clove	Garlic, minced
2 each	Mangos, ripe, peeled and diced small
¼ cup	White Wine Vinegar
1 Tbsp	Honey
1 Tbsp	Brown Sugar
¼ tsp	Kosher Salt

CHEF'S NOTES

Chutneys are flavorful Indian condiments that can be sweet, savory, or spicy. They can include fruits, vegetables, or herbs, and are combined with spices, acid, and sugar to add balance or highlight flavors in a meal.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. In a medium sauce pot, heat the oil over medium heat. Once hot, add the cloves, coriander, ginger, cumin, cardamom, turmeric, pepper flakes and black pepper. Using a rubber spatula, continuously stir the spice mixture until fragrant, about 60-90 seconds.
3. Add the onion to the pot, and sauté until softened, about 1-2 minutes. Add the red pepper, continue to sauté until softened, about 1-2 minutes, and then add in the garlic and continue to sauté until lightly golden, about 30-60 seconds more.
4. Add the mango, vinegar, honey, brown sugar, and salt to the pot, stirring well to combine. Bring the chutney to a simmer and then reduce the heat to medium-low. Simmer, uncovered until thickened and the mango is tender, about 20 minutes.
5. To finish the chutney, remove the pot from the heat and remove the whole cloves from the mixture. Using a potato masher, mash the chutney until it is mostly smooth with some small chunks. Cover and set aside.

Nutrition Facts

8 servings per container

Serving size 2 Tbsp chutney (110g)

Amount Per Serving

Calories 80

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 60mg 3%

Total Carbohydrate 18g 7%

Dietary Fiber 2g 7%

Total Sugars 16g

Includes 4g Added Sugars 8%

Protein 1g 2%

Vitamin D 0mcg 0%

Calcium 10mg 2%

Iron 0.3mg 2%

Potassium 170mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

