



# TAMARIND AND DATE CHUTNEY

## INGREDIENTS

200gms Whole Pitted Dates  
2 Tbsp Tamarind Paste  
1 Tsp Cumin Powder  
1 Tsp Coriander Powder  
3 Tbsp SATHYA Chilli and Garlic Infused Olive Oil  
Salt to taste



## METHOD

Cover dates in a saucepan with 4 cm water and simmer, stirring regularly for 40mins (min) to 1 hour to form a thick paste. Keep an eye on the mixture adding more water if required to prevent sticking to base of pan. Add Tamarind paste, Cumin powder, Coriander powder and salt, continue to cook. If required blend in a food processor to ensure a smooth paste.

Once you have a thick paste, sauté in a frying pan with SATHYA Chilli and Garlic Infused Olive Oil to infuse flavours. Allow to cool completely then store in an airtight container in the fridge. Chutney will store refrigerated for 6 months. Serve as a dipping sauce, marinade or in pastries, pies etc  
Thin to desired consistency with water at time of use.

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