

CORIANDER CHUTNEY

Ingredients

1 cup chopped coriander leaves (cilantro), tightly packed – 50 grams

2 teaspoons chopped green chillies or 2 to 3 green chillies or as needed

1 chopped ginger or 1 inch ginger

½ teaspoon roasted cumin powder or ground cumin – optional

1 teaspoon lemon juice or as required

2 to 3 pinches black salt – optional

salt as required – pink salt, table salt or sea salt

1 to 2 tablespoons water

Method

In a blender or chutney grinder, add the chopped coriander leaves, chopped ginger and green chillies. If you add the full amount of chilli it makes for a spicy green chutney. If you cannot tolerate spicy food, add ½ to 1 teaspoon of chopped green chillies.

Add lemon juice, roasted cumin powder or ground cumin, black salt and pink salt, table salt or sea salt as required.

Add water and blend or grind all the ingredients until smooth. Taste the chutney and add more salt or lemon juice if needed.

Store the cilantro chutney in a covered bowl or container in the refrigerator. Use the chutney as required.