



# INDIAN PARSLEY CHUTNEY



## INGREDIENTS

- 1 bunch parsley
- 200g plain yogurt
- 2 chillies
- Juice of ½ lemon
- 2 cloves garlic, peeled
- ½ bunch mint
- 1 tsp cumin
- ½ tsp salt

## FROM THE GARDEN

- Parsley
- Chillies
- Mint

## EQUIPMENT

- Chopping boards
- Sharp knives
- Citrus juicer
- Measuring spoons
- Food processor

## INSTRUCTIONS

1. Roughly chop the parsley, mint and garlic.
2. De-seed the chillies - PLEASE USE CAUTION!
3. Place all ingredients in the bowl of the food processor and mix until blended together.

