**Coriander Mint Chutney**

​**Ingredients**

**Fresh:**

* 1 bunch of mint
* 2 bunches of coriander
	+ Mint and coriander combined and chopped is 8 cups
* 1 small onion
* 1 handful of leeks
	+ Onion and leeks combined and chopped is 1/3 cup
* 1-2 cloves of garlic
* ½ cup chopped green chili pepper
* 1-2 cups chopped tomatoes
* 1 lime, juiced - optional

**Spices:**

* ½ tsp. salt
* 1 tsp. coriander powder
* ¼ tsp. chili pepper

**Instructions**

1. Cut off the stems of coriander and mint. Alternatively, you can pull the leaves off if you prefer.
2. Wash all veggies
3. Be sure to drain leafy greens well
4. Chop tomatoes and add some to the blender
5. Chop all remaining veggies and combine into a large bowl
6. Add some veggies to blender and blend
7. Continue to add tomatoes and veg until well combined and to desired consistency
8. You can store some in the fridge to use up to 3 days. The remainder can be frozen on a plate and portioned into small bags to use in the future.

Tip: adding the tomatoes before the vegetables makes it easier to blend

Yields: 2.5 cups

Use this chutney however you’d like!

* On sandwiches
* As a condiment on potatoes or white meat
* Dip for bread, rolls, or naan
* Add yoghurt and use as a veggie dip
* Add some oil and use as a salad dressing
* Add walnuts and blend together to make it thicker as a spread