

Quick Pear Chutney

Ingredients

- 2 Tbs oil
- 3 pears
- ½ small red onion
- 1 Tbs maple syrup
- ¼ tsp salt
- 3 Tbs white balsamic vinegar
- 2 tsp finely chopped rosemary



What to do:

- 1) Peel the pears, remove the core, thinly slice and chop each slice into 3 pieces
- 2) Finely dice the red onion
- 3) Wash the rosemary. Spin dry, pick off the leaves and finely shred
- 4) In a pot, heat the oil over medium heat. Add the onion and cook for 3-5 minutes until translucent
- 5) Add the pear, maple syrup and salt. Cook for 3 minutes
- 6) Stir in balsamic and cook for 8-10 minutes until pears are soft and mixture is golden. You may need to add 2 Tbs water if the chutney thickens too quickly
- 7) Mash pears with a potato masher
- 8) Stir in the rosemary
- 9) Transfer to a bowl
- 10) Serve and enjoy