



This tasty tomato chutney recipe is easy to make. Remember to eat five portions of fruits and vegetables every day.

# Make an Indian-style buffet with Mixer



Equipment: • chopping knife • chopping board • teaspoon • tablespoon • saucepan • 6 bowls • wooden spoon

Ingredients for chutney:

- 3 cloves garlic • 5 tomatoes
- 1 red pepper • a few leaves fresh coriander • 2 spring onions
- 1 teaspoon olive oil

Extra ingredients: • 1 carrot • half a cucumber • half a green cabbage • 1 pack raisins • 1 pack unsalted cashew nuts



Diwali marks the start of the Hindu New Year. Hindus around the world celebrate it every year between October and November. It is also known as the Festival of Lights. At Diwali people get together and eat lots of yummy buffet food.

1



Ask an adult to help you finely chop the garlic cloves, tomatoes, pepper and coriander. Chop up the white part of the spring onions, and then the green part, keeping them separate. Chop the carrot and cucumber into sticks and the cabbage into slices.

2



Next, ask an adult to heat the oil in the pan and add the white part of the spring onion and the garlic. Cook over a low heat for 5 minutes. Then add the tomatoes and pepper. Cook them for 12 minutes or until they are soft.

3



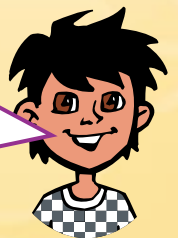
Mash the ingredients gently and leave the mixture to cool down completely. Then add the coriander and green part of the spring onions and mix well.

4



Put all of the ingredients into individual bowls. Wash your hands and enjoy your Indian-style buffet.

In India, all the foods are put on a table in bowls. Everyone serves themselves a little from each bowl. Instead of using forks they eat with their right hand.



People in India use a flat bread called chapati to scoop up food from their plates. You could also try it using wholemeal pitta bread.

