



Apple Onion Chutney

INGREDIENTS

2 tbsp butter

1 sweet onion, chopped

1 apple, cored, peeled and
diced

1/4 cup apple cider vinegar

3 tbsp brown sugar, packed

2 tsp mustard seeds

1/4 tsp cinnamon

DIRECTIONS

In a medium saucepan, melt butter over medium-high heat. Add onion and sauté until softened - about 10 minutes. Add apple, vinegar, sugar, mustard seeds and cinnamon and reduce heat to low. Cover and simmer until everything is softened and flavours have had a chance to meld - about 15-20 minutes. Remove from heat and let stand for another 15 minutes. Transfer to a jar or other sealed container and refrigerate for up to 2 weeks.