

Eggplant, Peppers and Chili Relish

Mexican Spice Blend Chilli Sauce

Serves 1

Preparation time 5 minutes

Cooking time 35 minutes

Ingredients:

2 cloves garlic, unpeeled

75g red and green peppers, seeded and sliced*

**75g eggplant cut into 3cm pieces* or substitute
with more peppers**

Olive oil spray

2 shallots, chopped

½ teaspoon Mexican Spice Blend

2 tablespoons water

2 tablespoons Chili Sauce

1 teaspoon balsamic vinegar



Method:

1. Preheat oven to 200 °C. Weigh vegetables to portion size and place garlic, peppers and eggplant on a baking tray, spray with olive oil and bake for 20 minutes.
2. Peel roasted garlic.
3. Heat a lightly oiled frying pan over medium heat and sauté shallots, garlic, peppers and eggplant, stirring for 2 minutes.
4. Add **Mexican Spice Blend**, water and **Chili Sauce**. Reduce to a low heat and simmer covered, stirring occasionally for 10-15 minutes.
5. Add the balsamic vinegar and serve.
6. Delicious served hot or cold.

* Adjust weight to your portion size

* In areas where eggplant is unavailable substitute with more red & green peppers

...Cook's Tips

Extra servings:

To increase servings to include the rest of the family simply times ingredients by how many servings are required. (eg. 2 x teaspoons of Mexican Spice Blend. etc for four people)

Serve with crusty Healthy Way bread.