

# MANU'S COCONUT CHUTNEY

## RECIPE CARD

There are LOTS of coconut trees on the Andaman Islands. And when the coconuts fall, Manu loves to use them for coconut chutney. He has it with curries, rice dishes and flatbreads... How will you eat yours? Remember, ask a bigger chef for help with the cutting!

1

- Using a pestle and mortar, squash together:
- 1 chopped up garlic clove
  - 1 tbsp mustard seeds
  - ½ tsp lemon
  - a small chunk of ginger, chopped

2

- Add these to your paste:
- 1 cup of freshly grated coconut
  - 1 cup of chopped coriander leaves



3

- Add salt to taste. Enjoy as an accompaniment to... whatever you like!