

## Zero Waste Watermelon Skin Chutney

### Ingredients

1 watermelon skin & white rind  
2 white onions  
4 cloves of garlic  
1 tsp turmeric  
1/2 tsp cumin ground  
1/2 tsp ground ginger  
1 tsp curry powder medium  
6 cardamon pods  
4 tsp white wine vinegar  
100g caster sugar/stevia sugar  
2 mangos dices

### Method

1. finely dice onion, watermelon skin, garlic & mango
2. in a saucepan add oil & fry off cardamon pods for 1 minute & add all cut fruit mix
3. add all spices & cook out for 5 minutes
4. add vinegar & sugar & leave to cook for 1 hour or until reduced to a chutney consistency
5. season to taste & leave to cool



All Chefs Are Responsible For Using Correct Measurements To Ensure Nutritional Analysis Is As Accurate As Possible. Allergens, Although Stated, Are To Be Used As A Guide And Dishes Must Have All Allergens Checked Before Sale, As Products May Vary Slightly From Suppliers