



Recipe and image courtesy of Diabetic Living Magazine

# Chipolatas with Tomato Chutney

40 MINUTES | SERVES: 4

## INGREDIENTS

- 8 Peppercorn Extra Lean Beef Chipolatas
- Cooking spray
- ¼ cup fresh continental parsley leaves, to serve
- Tomato chutney
- ½ brown onion, finely chopped
- 1 clove garlic, crushed
- 1 tbsp water
- 4 Roma tomatoes, chopped
- 1 tbsp red wine vinegar
- 1 tsp caster sugar
- Freshly ground black pepper

## PREPARATION

1. Tomato chutney: Put onion, garlic and water in a medium saucepan. Cover and cook, stirring often, over a medium heat for 4-5 minutes or until onion softens slightly. Add tomatoes and vinegar. Bring to a simmer. Reduce heat to low. Cover and cook, stirring occasionally for 10 minutes. Cook uncovered, stirring occasionally, for a further 10 minutes or until sauce thickens. Stir in sugar. Season with pepper. Transfer to a dish.
2. Meanwhile, preheat grill to medium. Put chipolatas on grill tray, then spray lightly with cooking spray. Cook, turning once, for 8-10 minutes or until chipolatas are cooked.
3. Sprinkle the parsley leaves over the chipolatas to serve. Accompany with the tomato chutney.