

Mint Cilantro Chutney

Swick

Serves 2 to 3 | Active Time: 10 minutes | Total Time: 10 minutes

Step 1: Preparing the Chutney

- 1 1/2 cups mint leaves
- 2 cups cilantro (approx. 1 bunch)
- 2 tsp Garlic-Ginger Paste
- 1/2 cup Cashew Sour Cream (or silken tofu)
- 1 to 2 green chilis, minced
- 1 tbsp tamarind purée
- 1 tsp sweetener of choice (such as palm sugar)
- 1 to 2 tbsp fresh lemon juice
- 1/2 tsp sea salt, or to taste

To prepare the mint and cilantro, first, remove any tough stems and then wash and spin them dry. The softer stems from the cilantro are fine to keep.

Place the mint and coriander into a food processor or blender along with the Garlic-Ginger Paste, chili(s), tamarind purée, lemon juice, sweetener, salt, and Cashew Sour Cream (if using). Note: The amount of chilies or jalapeños comes down to personal preference. For an even milder chutney, remove the seeds first before mincing.

Note: Silken or soft tofu can be used instead of the Cashew Sour Cream. Alternatively, for a more traditional Indian mint chutney the sour cream can be left out altogether. In this case, you may need to add a tablespoon or so of water to get the blades of the food processor or blender moving. If using a blender, use the poker stick to move the ingredients around so you don't have to use too much water — the less water used the better.

For a thicker mint chutney, add a bit of desiccated coconut to the mixture at the end.

Lastly, taste for seasoning, adding more salt, sugar, and/or lemon juice as needed.

Serve this chutney with a variety of Indian dishes. It also goes particularly well with this Braised Turmeric Chickpea & Kale Stew .