FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Chilli and Apricot Sauce



Serves	Prep Time	Cooking	Total Time	Calories
2 people				**47 kcal**

Stuff that's in it:

• 2 Apricots (De-Stoned And Chopped)

• 1 Tbsp Light Brown Sugar

• ½ Large,Fresh Chilli (Finely Chopped)

• 1 Tbsp Apple Cider Vinegar

What you do:

Heat your vinegar and sugar in a sauce pan, once bubbling drop the apricots in, cook gently for 5/6 minutes until soft and caramelised.

Nutrition

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