

Spicy Plum Sauce



Makes 2 cups. 1 serving (2 tablespoons) is 60 cal

1 jar or can of plums in juice (I used Goulburn Valley 700gm jar)
1 tablespoon of apple cider vinegar
1 teaspoon of agave syrup
1 clove of garlic crushed
½ teaspoon of ground ginger
1 teaspoon of dry onion flakes
¼-1 teaspoon of chilli flakes to taste
½ teaspoon of Chinese Five Spice

Deseed the plums, place in a saucepan with garlic and the juice from the jar. Add the vinegar, agave, ginger and five spice and bring to the boil. Cook until the raw garlic smell dissipates.

Use a hand mix to puree the mixture then add the onion and chilli flakes.

Cook for a further 15-20 mins until the onion and chilli flakes are plump.

This sauce can be used for pork ribs, chicken, lamb or as a dipping sauce for rice rolls. Goes well on skewered meat on the BBQ also.