



Green Tomato and Lovage Relish

Serves 4

4 large green tomatoes
4 tbsp hemp oil
1 onion, peeled and finely chopped
1 tbsp cider vinegar
1 tbsp caster sugar
A few lovage leaves, shredded

Halve the tomatoes, squeeze out the seeds and roughly chop the flesh.

Heat the oil in a pan and gently cook the onion for 4 – 5 minutes stirring regularly, until softened.

Add the cider vinegar and sugar and simmer, stirring, for a minute.

Add the chopped tomatoes, season with salt and pepper, and continue cooking for 2 – 3 minutes, stirring regularly.

Remove from the heat, stir in the lovage and leave to cool.

Great served with mackerel or hake.