

# Homemade tomato ketchup

## Ingredients

- 1 tbsp olive oil
- ¼ onion, finely chopped
- ¼ tsp coriander seeds
- ¼ tsp cumin seeds
- pinch chilli flakes
- pinch ground ginger
- 2 tomatoes, skinned, deseeded and finely chopped

## Preparation method

1. Heat the olive oil in a small frying pan over a medium heat. Add the onions and fry for 2-3 minutes, until softened.
2. Place the coriander seeds, cumin seeds, chilli flakes and ginger into a pestle and mortar and grind to a powder.
3. Add the ground spices and chilli flakes and tomatoes to the onions and simmer gently over a low heat for 10 minutes, or until the tomato has softened and become a sauce.
4. To serve, pour into a bowl and leave to cool.

**less than 30 mins**

preparation time

**10 to 30 mins**

cooking time

**Serves 1-2**

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**From** Ready Steady Cook