



# Warm & Spicy Indian Tomatoes

*serves 6*

- 2 tablespoons unsalted butter
- 4 scallions, sliced thin
- 2 teaspoons whole cumin seeds
- 2 teaspoons black mustard seeds
- 3/4 teaspoon ground turmeric (a fantastic anti-inflammatory)
- 4 garlic cloves, minced
- 1 jalapeno, seeded and minced
- 6 large ripe red tomatoes
- 1 teaspoon sugar
- 1/4 cup cup grated unsweetened coconut
- 1/2 cup plain yoghurt
- 3 tablespoons chopped fresh cilantro
- coarse sea salt and fresh pepper to taste

Melt butter in a large, heavy saucepan over medium heat.

Add the scallions, cumin seeds, mustard seeds, turmeric, garlic and jalapeno. Stir for 30 seconds.

Add the tomatoes and stir gently with a wooden spoon until heated through, 2-3 minutes. Remove the pan from heat.

Combine the sugar, coconut and yoghurt in a small bowl and pour over the tomatoes.

Season to taste with salt and pepper, add the cilantro and fold everything together.