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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