

# Chilli Oil



This combination of chillies and garlic-infused oil makes this a perfect oil to give any dish an extra kick.

The great thing about making your own oil is you can adapt it to your own tastes.



## Ingredients

**Makes 250ml**

- 2-3 fresh red chillies deseeded and halved
- 160g/1 red pepper chopped
- handful of fresh coriander
- 250ml garlic-infused oil

## **Method**

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Place all the ingredients in a food processor and blend together.

Store in an airtight container in the fridge for up to one week.

Making your own flavoured oil allows you to control the ingredients to keep your symptoms under control.