



Spicy Papaya Chili Sauce

This spicy sauce or salsa is quick to prepare and packs a punch but thanks to papaya it has a sweetness. Papaya has an enzyme called papain which has been found to significantly reduce injury and recovery time in athletes.

Serves: 10, Prep time: 00:10, Cook time: 00:15

Instructions

1. Heat a pan to medium heat and add olive oil.
2. Add onion and chili peppers and cook about 5 minutes to soften.
3. Add garlic and cook another minute, stirring.
4. Add papaya, tomatoes and cilantro. Stir and cook about 5 minutes to soften everything.
5. Add vinegar and salt. Reduce heat and simmer about 15 minutes.
6. Transfer the batch to a food processor and process to form your salsa. It can be as thick or thin as you'd like.
7. Adjust for salt and cool.
8. Serve!

Ingredients

- 1/2 Papaya, peeled, seeded and chopped
- 1 teaspoon Oil, olive
- 1 Onion, small one chopped
- 2 Chili pepper, Jalapeno or other chopped
- 4 Garlic, cloves, chopped
- 2 Tomato, whole, raw, medium ones chopped
- 1/2 cups Coriander / Cilantro leaves, chopped
- 1/2 cups Vinegar, White Wine
- 1 pinch or to taste Sea Salt, or no salt!

I used four of my home grown chili's so you can choose the one you like and add it so you get the right heat. You can add some sugar at the end to balance if required.

This is a quick and healthy chili sauce which you can keep for about a week in the fridge. Remember to sterilize your jars before filling - I use boiling water to do this but be careful!

I did not add salt to mine and it tasted great.

Papain helps the body to efficiently break down protein and transport it directly to the muscle. Thanks to this, it's been linked to easing the pain from sports injuries due to its purported anti-inflammatory properties. In some early research, papain significantly reduced injury and recovery time in athletes.

Based on a recipe on
chilipeppermadness.com

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