

Pickled vegetables

This simple quick pickle recipe can be made with any seasonal vegetables you have available. Red onion, carrot, cucumber, courgette, capsicum, radish and fennel all work well.

Serves 4-6

Ingredients

1 cup vegetable of choice, finely sliced or diced

1 cup vinegar

1 cup water






2 tbsp sugar

Method

1. Prepare your chosen vegetable by finely slicing or cutting into small, even, bite-sized pieces.
2. Place prepared vegetable in a glass bowl or jar.
3. Mix together the vinegar, water and sugar.
4. Pour the pickling liquid over the prepared vegetable, ensuring all pieces are completely immersed.
5. Set aside to marinate until you are ready to use in your dish.



Equipment

-  Cutting board and knife
-  Measuring cups
-  Measuring spoons
-  Spoon
-  Bowl

Nutrition

- Adding plenty of different coloured vegetables to your favourite meals will help you to eat a wide range of nutrients and stay healthy.