

Quick Pickled Veggies



You can use any sliced vegetable you like for this recipe. It's a great way to preserve veggies to eat later, rather than letting them go limp in the veggie crisper. We love quick pickles because they add acidity and crunch to any salad or sandwich. They're super easy, anyone can pickle with this recipe! Keep them in the fridge and put them on everything.

You'll need: 2 x clean 200-300ml jars, kettle, heat-proof jug or bowl, measuring cups & spoons, knife & chopping board.

- 1 cup vinegar, such as white, apple cider, or rice
- 1 cup water
- 1 tbsp sugar
- 2 tsp salt
- 1 cup thinly sliced vegetables (such as carrot, red onion, and/or cucumber)
- Spices or herbs are optional for additional flavour

Method:

1. Whisk vinegar, water, sugar and salt in a jug until sugar and salt are dissolved.
2. Place sliced veggies in a clean jar. Pour brine over veggies to cover.
3. Let sit for a few hours, or overnight on the bench. The longer you leave it at room temperature the more sour the flavour will become.
4. Store in the fridge