

Pickled Chilled Carrot & Cucumber

Hands-on Time 15 minutes

Marinating Time + 1 hour

Ingredients

1 Cucumber
2 Carrots (small, or 1 large)
1 Red chilli
200ml White wine vinegar
200ml Water
4 tbsp Caster sugar
Sea salt flakes

Equipment

Vegetable peeler (and Julienne peeler if you have one)
Knife
Chopping board
2 Bowls
Spoon

Peel the cucumber and slice into very fine circles. Set aside.

Peel the carrots and if you have a julienne peeler use it to make fine strips. If you don't then cut the carrot(s) up into thin strips. Set aside.

Halve and finely slice the chilli.

Divide the vinegar, water, and sugar evenly between the two bowls. Add a generous pinch of sea salt flakes to each and give a stir with a spoon.

Add the cucumber to one bowl along with half of the sliced chilli, and the carrot with the remaining chilli to the other.

Leave to marinate for at least 1 hour, better overnight, before sampling!

Enjoy!