



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

QUICK PICKLES

Time: 15 minutes plus overnight brining

Serves: 8 as a side

Ingredients:

300ml water
200ml white vinegar
15g pickling salt
5g whole yellow mustard seed
2g whole black peppercorns
1g red pepper flakes
4 cloves garlic - sliced
1 stalk dill
500g small cucumbers - quartered

Preparation:

Combine the water, vinegar, salt, mustard, peppercorns and pepper flakes in a small pot. Place on high heat and bring to a boil. Remove from heat.

Place the remaining ingredients in a one-litre mason jar and pour over the brine mixture.

Cover and refrigerate overnight or up to three weeks.

Serve as a snack or side.

Nutritional Information Per Serving:

Calories: 8
Fat: 0g
Carbs: 2g
Fibre: 0.3g
Protein: 0.3g