

PICKLED CUCUMBERS & RED ONION



QUICK

Less than 5
mins prep
time

HEALTHY

Eating lots of different vegetables increases the phytonutrients you are consuming. This is a great way to use up vegetables that are past their best and eat more vegetable

FAMILY



Feeds 5

MEALS

Delicious as a snack or with falafel, or tacos and so much more!

INGREDIENTS

- 2 red onions
- 240 ml vinegar (may need more to cover the onion)
- 2 tsp salt

METHOD

- 1) Thinly slice the onions
- 2) And/or slice cucumber into fingers
- 3) Mix the vinegar and salt in a large jar.
- 4) Add the onions and or cucumber.
- 5) Pop the lid
- 6) Pop in the fridge and leave for 30 mins
- 7) Enjoy



@quickhealthyfamilymeals

To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com