

# Pickled Chillied Carrot & Cucumber

**Hands-on Time 15 minutes**

**Marinating Time + 1 hour**

## Ingredients

- 1 cucumber
- 2 small carrots (or 1 large carrot)
- 1 red chilli
- 200ml white wine vinegar
- 200ml water
- 4 tbsp caster sugar
- Sea salt flakes

## Equipment

- Vegetable peeler (and julienne peeler, if available)
- Knife
- Chopping board
- 2 bowls
- Spoon

## Method

### 1. Prepare the Vegetables

- Peel the cucumber and slice into very thin circles. Set aside.
- Peel the carrots. Use a julienne peeler to create fine strips, or slice thinly with a knife. Set aside.
- Halve and finely slice the red chilli.

### 2. Make the Pickling Liquid

- Divide the white wine vinegar, water, and sugar evenly between two bowls.
- Add a generous pinch of sea salt flakes to each bowl and stir until the sugar and salt dissolve.

### 3. Marinate the Vegetables

- Add the cucumber and half the sliced chilli to one bowl.
- Add the carrot and the remaining chilli to the other bowl.
- Stir to ensure the vegetables are evenly coated in the pickling liquid.

### 4. Pickle and Serve

- Let the vegetables marinate for at least 1 hour, or preferably overnight, for the best flavour.

## Tip

- For a spicier kick, leave the seeds in the chilli when slicing. For a milder version, remove the seeds before adding to the pickling liquid.

Enjoy!