

Pickled Vegetable Salad

Serves: 32 tastings



From the garden: Capsicum

Equipment: <ul style="list-style-type: none">• Medium saucepan x 1• Wooden spoon x 1• Chopping boards and knives• Measuring cups	Ingredients: <ul style="list-style-type: none">1 cucumber (cut into 3cm long sticks)2 carrots (cut into 3cm long sticks)1 capsicum (thinly sliced)½ onion (cut into 1cm cubes)½ can pineapple pieces and ½ juice¾ cup rice vinegar½ cup white sugar¼ cup waterSalt to taste
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Method:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Bring vinegar, sugar, water and salt to boil, stir until all sugar is dissolved.
3. Add all vegetables and pineapple to vinegar mixture and bring back to boil.
4. Take off heat immediately and let sit in fridge until serving time.
5. Serve into 5 large serving bowls with a serving spoon in each.