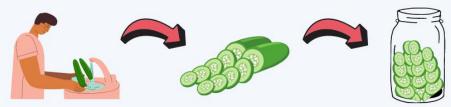




Wash and dry 2-3 big handfuls of your favourite fresh veggies, then (with grown up supervision) thinly slice, grate or shred them up!

Put in a clean, dry 1 litre jar that can be air tight when closed.



Pop 300ml of (any) vinegar, 100ml water, 1 tbsp sugar, 1 tsp salt into a pan and bring to the boil, then turn down to a simmer.

TOP TiP! For an added twist pop in a handful of dill, 1 tbsp of mustard seeds and/or 1 tbsp of peppercorns!

Stir the mixture until the sugar and salt have dissolved (it will be hot!).

Take off the heat and let it cool down to room temperature.

Pour the cooled mixture over the veggies and seal the jar!

Leave them to pickle for at least 2 weeks, and when you're happy with the flavour, transfer to the fridge - your quickles are ready!

