



# Red Pickled Onions

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## Ingredients

1-2 big red onions sliced

A jar with lid to fit the onions 1 litre or 2-3 smaller jars

fresh dill

mustard seeds

pepper corns

red wine vinegar

mineral water

1 tsp salt

## Instructions

- Peel and slice the onions either very thinly or thicker if you prefer.
- Separate and stuff the onions layering with a sprig or two of fresh dill, a sprinkle of mustard seeds and a couple of peppercorns
- Fill the jar  $\frac{3}{4}$  full with red wine vinegar add the salt and top up with mineral water until onions are fully submerged
- Store in the fridge and give them a day or two until they are ready to eat.

I just love the vibrant pink colour of these onions that perk up any dish and add a bit of colour. Add them to salads, chicken/avo/mackerel smash mix, your morning eggs. The pickled onions lose the burning raw taste and take on a sweet and tart flavour. A must to keep in your fridge.