



## Recipes

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### Curried Pickled Vegetables

Serves 1

#### Ingredients:

1 Tbsp. Curry Powder  
1/2 cup Granulated Sugar  
1 Tbsp. Honey  
1 cup Apple Cider Vinegar  
2 cups Matchstick Carrots  
2 cups Red Onions  
2 cups Cucumbers  
2 tsp. Mint Leaves , chopped

#### Directions:

1. Place vegetables in a bowl and set aside.
2. Heat sugar, curry, vinegar and honey in small saucepan over medium heat. Bring to a simmer and remove from heat.
3. Cool completely and pour over vegetables. Marinate vegetables at least 1 hour to allow flavors to develop.
4. Cover, Label, Date and Refrigerate.