



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.