



Crunchy courgette pickle



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



1

CALORIES



814 kcal

SIDE DISH

Ingredients

- ☐ 500 g zucchini
- ☐ 3 shallots finely chopped
- ☐ 2 tbsp salt
- ☐ 500 ml apple cider vinegar
- ☐ 140 g brown sugar
- ☐ 1 tsp ground mustard
- ☐ 1 tsp mustard seeds
- ☐ 1 tsp celery seed

- ☐ 0.5 chillies dried crumbled
- ☐ 1 tsp turmeric

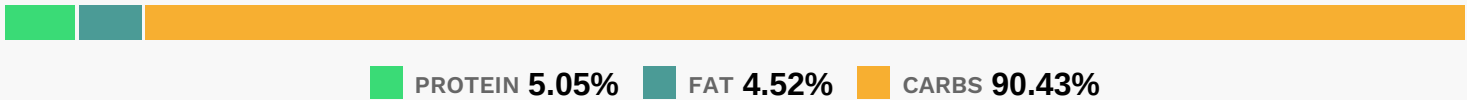
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ kitchen towels

Directions

- ☐ Thinly slice the courgettes using a sharp knife, mandolin or slicing blade on a food processor. Put in a bowl with the shallots and sprinkle over the salt. Cover with ice-cold water, stir to dissolve the salt and leave for 1 hr.
- ☐ Drain the courgettes thoroughly and pat dry using kitchen paper or tea towels. If they stay too wet, the water will dilute the pickling solution.
- ☐ Meanwhile, put the pickling ingredients into a pan and bring to a simmer. Bubble for 3 mins, making sure the sugar has dissolved, then leave to cool until warm but not hot.
- ☐ Add the courgettes and stir.
- ☐ Scoop the mixture into 2 x 500ml sterilised jars (see below to find out how to sterilise a jar). Seal and leave for a few days in the fridge. Kept chilled, these will keep for a couple of months.

Nutrition Facts



Properties

Glycemic Index:90, Glycemic Load:6.57, Inflammation Score:-10, Nutrition Score:31.992173816847%

Flavonoids

Apigenin: 1.57mg, Apigenin: 1.57mg, Apigenin: 1.57mg, Apigenin: 1.57mg Luteolin: 15.25mg, Luteolin: 15.25mg, Luteolin: 15.25mg, Luteolin: 15.25mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg

Nutrients (% of daily need)

Calories: 813.83kcal (40.69%), Fat: 3.86g (5.94%), Saturated Fat: 0.63g (3.92%), Carbohydrates: 173.74g (57.91%), Net Carbohydrates: 165.08g (60.03%), Sugar: 156.68g (174.09%), Cholesterol: 0mg (0%), Sodium: 14071.12mg (611.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.7g (19.39%), Manganese: 2.91mg (145.55%), Vitamin C: 96.77mg (117.3%), Potassium: 2231.05mg (63.74%), Vitamin B6: 1.21mg (60.32%), Magnesium: 172.03mg (43.01%), Iron: 7.07mg (39.25%), Folate: 154.57µg (38.64%), Fiber: 8.66g (34.64%), Phosphorus: 331.36mg (33.14%), Calcium: 318.07mg (31.81%), Vitamin B2: 0.51mg (29.96%), Copper: 0.51mg (25.75%), Vitamin K: 22.88µg (21.79%), Vitamin A: 1071.5IU (21.43%), Vitamin B1: 0.31mg (20.84%), Selenium: 12.79µg (18.28%), Zinc: 2.66mg (17.73%), Vitamin B3: 2.94mg (14.72%), Vitamin B5: 1.46mg (14.57%), Vitamin E: 0.93mg (6.2%)