



## **Pickled Carrots**

Makes enough to fill a 1 Litre Kilner® Jar

### **Ingredients**

4 large carrots (washed and peeled)

1 clove of garlic (grated)

1 star anise

2 teaspoons of mustard seeds

450ml white vinegar

450ml water

4 tsp salt



### **Method**

Spiralize the carrots into ribbons using a Kilner® Spiralizer (alternatively you can grate the carrots), then transfer to a sterilised\* 1 Litre Kilner® Clip Top Jar.

In a Kilner® Preserve Pan combine the vinegar, water, salt, garlic, mustard seeds and star anise. Boil then remove from the heat. Stir to make sure that the salt has dissolved then leave to cool for 5 minutes.

Once cooled slightly, pour the liquid over the carrots\*\* and close the lid of the jar. Leave to cool for an hour before placing in the refrigerator and chilling for a further hour before serving.

\*For more information on sterilizing and processing your jars visit our website

\*\*Do not pour boiling liquids directly into Kilner® Jars