



Fresh Cucumber Pickles

30 minutes

Hands on

10 - 12

Portion(s)

1

Difficulty



Ingredients

- 2 cucumbers, cut in to 1 ½ cm slices
- 150 g granulated sugar
- 150 g white wine vinegar or apple cider vinegar
- 1 teaspoon coriander seeds
- 1 teaspoon mixed peppercorns
- 2 pinches chili flakes
- 1 teaspoon coarse salt

Διατροφικός πίνακας

Nutrition information per portion

59 Calories (kcal)	0.0 Total Fat (g)	0.0 Saturated Fat (g)	13.0 Total Carbs (g)
3%	0%	0%	5%
13.0 Sugars (g)	0.6 Protein (g)	0.0 Fibre (g)	0.0 Sodium (g)
14%	1%	0%	0%

Method

- Combine the sugar, white wine vinegar or apple cider vinegar, coriander seeds, peppercorns, chili flakes and coarse salt in a [saucepan](#).
- Place over high heat and bring to a boil.
- As soon as it comes to a boil, add the sugar and stir until it melts.
- Cut 2 cucumbers in to 1 ½ cm slices.
- Add them to the saucepan and stir, making sure they are completely coated in the mixture.
- Let the mixture come to a boil again. As soon as it does, remove from heat and transfer to a bowl.
- Cover with 2 layers of plastic wrap, making sure the wrap directly touches the surface of the mixture.
- Refrigerate for 1 hour, until completely chilled.
- The longer you let the fresh cucumber marinate, the tastier it will be!
- Can be stored for 3-4 days in the refrigerator.
- You can add these fresh cucumber pickles to burgers, hot dogs, [tartar sauce](#) or any recipe that calls for a fresh lemony taste!