



PRESERVED VEGGIES



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Prep time



Cook time



Serves

NEED

Any veggies
(we've used
capsicum,
zucchini and
eggplant)

Olive oil

Garlic cloves

Any vinegar

Any herbs

Peppercorns

A jar

A quick and easy way to use up any veggies. Add to cheese platters, sandwiches or enjoy on its own.

HOW

1. Preheat oven to 110 degrees. Sterilise jar by washing with hot soapy water and placing in the oven for 10 minutes. Let cool.
2. Cook your veggies as you like - grill, blanch or roast depending on which veggies you have.
3. Place veggies in a jar. Add herbs, garlic and peppercorns, leaving some space at the top of the jar.
4. In a separate bowl combine 2 parts olive oil to 1 part vinegar and pour into the jar. Completely cover the veggies.
5. Store in the fridge and enjoy for weeks to come.

A Recipe by



**SAVE FOOD.
SAVE MONEY.
SAVE THE PLANET.**