



The Ethnic Communities' Council
Love Food Hate Waste project celebrates
the diversity of food and cultures in NSW

Pickled Chillies

Ingredients

15- 20 jalapeño chillies

Other leftover vegetables such as zucchini, cauliflower or capsicum can also be added.

½ large white onion
5 garlic cloves
1-2 carrots
3 teaspoons of vegetable or
olive oil
2 cups white vinegar
½ cups of water
□ 3 bay leaves
½ teaspoon oregano
4 thyme bricks or ¼
spoonful
2 cloves
4 black pepper or 1/8
teaspoon of powdered
pepper
1 teaspoon sugar
1 teaspoon sea salt



Preparation

Put oil into a pot. Add onion, carrots, chillies and stir fry. Remember to keep the heat low so the vegetables don't burn.

When the onion starts to go soft and change colour, add the remaining ingredients.

Leave it cooking on medium-low heat for about 15 minutes or until the chillies change to an opaque colour and the carrots are a bit soft.

Turn off the heat let it cool. Once it is cool add salt.

When they are completely cooled put into jars and then into the fridge.

They will last up to one month.

Recipe shared by Pilar, Love Food Hate Waste workshop facilitator



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