



AB's Honey Pickled Onions

These spiced malt vinegar and honey pickled onions are deliciously crunchy and ready to eat after just two days.

PREP TIME: 30 MIN

COOK TIME: N/A

INGREDIENTS

- 1 kg small pickling onions, peeled
- 3 cups spiced malt vinegar
- 1 cup of AB's Ironbark Honey, or your favourite AB's raw Australian Honey



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DIRECTIONS

1. Pack the peeled onions into a sterilised 2 litre glass jar.
2. Put the vinegar and honey into a non-aluminium saucepan and bring gently to the boil, stirring until the honey has melted.
3. Pour the vinegar and honey over the onions. Make sure the onions are completely covered and top up with extra vinegar if needed.
4. Seal the jar securely with a non-metallic vinegar-proof lid.
5. Your onions will be ready to enjoy in 2-3 days.

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