



## AB's Honey Pickled Beets

A quick and easy recipe for pickled beetroot. It is the perfect addition to any plate!

PREP TIME: 15 MIN

COOK TIME: 30 MINS

### INGREDIENTS

- 1kg fresh beetroot
- 1 cup apple cider vinegar
- 1 cup water
- 1/2 cup Rainforest honey
- 1 teaspoon salt
- 1/2 teaspoon black peppercorns
- 2 cloves of garlic (peeled)
- 2 Bay leaves



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### DIRECTIONS

1. Wash the beets thoroughly and trim off the tops and roots
2. Place the beets in a large pot and cover with water. Bring to a boil and reduce the heat and simmer for 25-30 minutes, or until the beets are tender.
3. Drain and let cool slightly. Once cool enough to handle, peel the beets and slice into approx 5cm thick slices.
4. In a saucepan, combine apple cider vinegar, water, honey and salt. Bring to a boil, then reduce heat and simmer for 5 minutes.
5. Add peppercorns, garlic and bay leaves to the vinegar mixture.
6. Pack the sliced beets into sterilised jars, then pour hot vinegar mixture over the beets, leaving 1cm headspace.
7. Seal jars and let cool to room temperature, then refrigerate for at least 24 hours before serving.

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