

Pickled Eggs



| | |
|-------------------|----------|
| Preparation time: | 15 mins |
| Serves: | 6 people |
| User Rating: | ★★★★☆ |

Publication: 25 March 2020

Categories: Quick & Easy, Lunchboxes & Snacks, Entertaining, Vegetarian

Call them what you will... odd-looking, old-fashioned, but downright delectable. Pickled eggs are simple to prep and even simpler to devour.

A traditional deli-snack and appetiser all around the world, pickled eggs are perfect for when you're craving a little something salty.

Of course, eggs are great vehicles for your favourite flavour bombs. When pickling your eggs, you could add whatever spice mix you like. (The below is just a suggestion.)

So, ready to master the classic art of how to pickle eggs?



Ingredients

- 12 eggs
- 1 ½ cups vinegar
- 1 ½ cups water
- 1 tbsp mixed pickle spices (mustard seeds, pink peppercorn, allspice, cloves)
- 1 clove garlic

- 1 bay leaf

Method

1. Place eggs into a saucepan and cover with cold water. Bring water to the boil and simmer for 4 minutes.
2. Drain off the hot water and refresh the eggs under running cold water. Peel eggs and place into a sterilised pickle jar.
3. In a small saucepan, heat the water, vinegar, spices, bay leaf and garlic and bring to a boil.
4. Remove from heat, cool slightly before pouring over the eggs, seal the jar and refrigerate for 2-3 days before serving as a snack, part of a meal or barbecue.

Notes

Serve with a wholegrain bread roll and a side salad for a balanced meal.

For extra spice, add one red chilli.

Needing a hand in perfecting those hard-boiled eggs, we've got you covered!

Nutritional Information

| Serving size | Energy | Protein | Total fat | Saturated fat | Carbs (total) | Carbs (sugar) | Sodium | Fibre |
|--------------|-----------------------|--------------|-------------|---------------|---------------|---------------|--------------|-------------|
| 221g | 621 148kcal | 13.3g | 9.2g | 2.6g | 0.9g | 0.4g | 163mg | 0.8g |
| | | | | | | | | |
| Vitamin D | | | | | | | | |
| 6.1µg | | | | | | | | |

All nutrition values are per serve.