

# Cucumber and Dill Salad

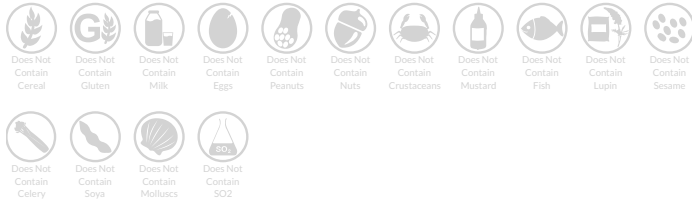
## Ingredients

| Product                                 | Quantity |
|---|----------|
| Cucumber, raw                           | 3.00 g   |
| Whitworths Caster Sugar 2kg             | 6.00 g   |
| Banana Shallots                         | 2.00 g   |
| Aspall Organic White Wine Vinegar 350ml | 1.00 g   |
| Kerala Dill 4*150g                      | 4.00 g   |
| Saxa Table Salt 6kg                     | 1.00 g   |

Serves: 1

## Allergy Information

Key: **Contains** **May Contain**

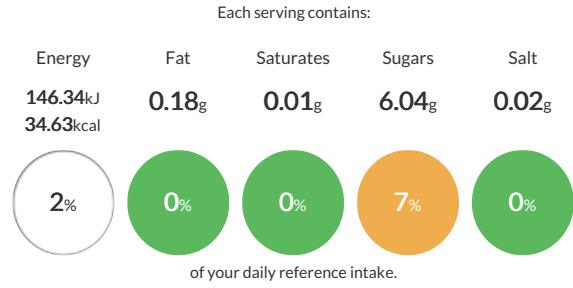


## Dietary Information

Key: **Suitable for**



## Reference Intake



## Nutritional Summary

|                           |                       |
|---------------------------|-----------------------|
| Energy                    | 146.34kJ<br>34.63kCal |
| Protein                   | 0.82g                 |
| Carbohydrates             | 7.73g                 |
| of which sugars           | 6.04g                 |
| Non Milk Extrinsic Sugars | 0g                    |
| Fat                       | 0.18g                 |
| of which saturates        | 0.01g                 |
| Fibre                     | 0.55g                 |
| Salt                      | 0.02g                 |
| Sodium                    | 0.01g                 |
| Iron                      | 0.01mg                |
| Calcium                   | 0.54mg                |
| Zinc                      | 0mg                   |
| Folate                    | 0.27µg                |
| Vitamin A                 | 0µg                   |
| Vitamin C                 | 0.06mg                |

## Method & Recipe Notes

3 Cucumbers 1 tbsp Salt 6 tbsp Sugar 2 Banana Shallots 1 cup White Wine Vinegar 4 tbsp Chopped Dill 1. Peel & finely slice the cucumbers on a mandolin & place in a bowl. 2. Peel & finely slice the shallots into rings on the mandolin & add to the cucumbers. 3. Add the sugar, salt, dill & white wine vinegar to the cucumbers, cling film & place in the fridge. 4. Allow 12 hours for the cucumber to macerate before using.

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