

Kamokamo Pickle

Ingredients:

- 4 cups diced kamokamo (or zucchini)
- 1 cup chopped onion (red or spring onion)
- 1 cup sugar
- 1 cup vinegar (white or apple cider)

Spices

- 1 crushed garlic clove
- 1 Tbsp wholegrain mustard
- 1 tsp chilli
- $\frac{1}{2}$ tsp salt
- Optional: chopped or grated apple



Instructions:

- Put all ingredients in a pot and bring it all to boil
- Simmer for about 30-40 minutes and a thick consistency is achieved.