THE LIGHTER PLATE METHOD

Pickled Onion & Leek Relish

A sharp, garlicky relish that livens up grilled meat, fish or a simple bean salad.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**0 min**	**10 min**	**5**	**EASY**

Ingredients

- 1 leek (thinly sliced)
- 1 small onion (diced)
- 2 small limes (juiced)
- 1 tbsp olive oil
- 2 cloves garlic (crushed)
- 1 tsp dried oregano

Method

1. Mix the leek and onion together in a jar or bowl.
2. Add the lime juice, olive oil, garlic and oregano.
3. Stir well and leave to sit for at least 15 minutes before serving to let the flavours mingle.

Tips & swaps

- Keeps well in the fridge and gets better after a day.

Storage & reheating

Keeps in the fridge for up to 5 days.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
50	**1g**	**5g**	**3g**	**1g**

Estimated values, for guidance only.