



# Fermented Courgette Relish

**Makes 2 jars**

**Ingredients:**

- 6 cups courgettes, grated (~3 medium sized courgettes)
- 1 onion, finely chopped
- 1 sweet red pepper, chopped
- 5tsp salt
- 2tsp ground turmeric
- 1tsp ground nutmeg

**Method:**

1. Wash all the vegetables
2. Grate/chop the vegetables
3. in a bowl combine all and mix in the salt and spices
4. Pack the mixture tightly into the jars
5. Use a weight to keep vegetables below the brine and close the jars with the lids
6. Ferment in a cool dark place for a minimum of 3 days
7. Before using drain off excess liquid
8. Optionally, before serving, add sugar and vinegar to taste

