



Quick and Easy Sweet, Caramelised Red Onion

INGREDIENTS

- 2 large red onion skin removed, sliced
- 2 tsp granulated sugar
- 2 tsp rapeseed oil
- 2 tbsp balsamic vinegar optional for extra flavour

INSTRUCTIONS

1. Add the oil to a pan, heat then add the onion and sugar, stir regularly to prevent sticking and allow to cook until the onion has softened and is starting to brown
Remove from the heat and add the balsamic vinegar, stir and serve.

Notes:

Cook at medium low heat.

May use more sugar if a sweeter taste is desired