



Fried Onion with Mustard

 Serves 4  EASY



Ingredients

1 tbs oil
25 g (1 oz) butter
450 g (1 lb) red onions, sliced
1 tsp Mustard Seed
1 tsp sugar
1 tbs vinegar
1 tsp Thyme
Salt
Coarse Ground Black Pepper
1 tsp lemon juice

Method

STEP 1

Heat the oil and butter in a large frying pan and fry the onions and 1 tbs Mustard Seeds for 1-2 minutes. Add the sugar, vinegar and Thyme. Fry gently, stirring occasionally, for 10-15 minutes.

STEP 2

Remove from the heat and add the salt, Pepper and lemon juice. Crush the remaining Mustard Seeds and stir in just before serving.