

**INGREDIENTS**

Whole Carrots	:	2
English Cucumber	:	1
Fresh Pineapple	:	1/2
Yellow Onion	:	1/2
Sesame Seed	:	2 tablespoon
Apple Cider Vinegar	:	1 cup
Water	:	2 cups
White Granulated Sugar	:	3/4 cup

Time Required : 1 hour

Level of difficulty : Easy

**METHOD OF PREPARATIONS**

1. Peel the skin of the carrots. Use a grater to slice the carrots and then cut into thin strips. Place in a clean bowl. Cut the yellow onions into slices and place in the same bowl. Sprinkle salt, about 1 teaspoon, coat well and let it sit for 5 - 8 minutes.
2. Peel the skin of English cucumber, if desired. Cut the cucumber in half horizontally. Use a spoon to scrap off the seeds and slice the cucumber vertically. Place in a clean bowl. Sprinkle salt and mix gently. Let it sit for 5 - 8 minutes.
3. Remove the crown of the pineapple and trim off the skin. Cut the pineapple into cubes.
4. Heat a saucepan of water and white sugar on low heat until the sugar dissolves. Let it cool down.
5. After 5 - 8 minutes, take a portion of carrots and onions and place it on your palm. Use both palms to squeeze out the juice. Repeat the same for the cucumbers. Place it in a glass dishware.
6. Toast the sesame seed in a pan over the stove on low heat for 2 minutes or until slightly golden brown.
7. Add apple cider vinegar, sugar syrup, cut pineapples and toasted sesame seeds together with the rest of the vegetables. Use a wooden spoon and fork to mix well.
8. Cover with glassware lid / cling wrap and chill in the fridge for at least 30 minutes before serving.