

VEGETABLE SALAD/ACHAR

For 6 – 8 people

Vegetables:

300grams of potato

600 grams of mixed vegetables, white radish, leeks, broccoli, cabbage, carrots, cauliflower, mixed sprouts, tomato

2 cloves of garlic finely sliced, if liked

Handful of coriander roughly chopped

To prepare the vegetables:

Cook the potatoes with skins on. When cooked drain and peel and chop into cubes.

Place in serving bowl.

White radish peeled and cut into matchsticks and sprinkled with salt, add to bowl.

Leeks trimmed and washed and cut into fine sticks

Broccoli broken into small florets

Cabbage shredded

Carrot peeled and cut into matchsticks

Cauliflower broken into small florets

Dressing:

Sesame Paste - Dry fry 200g sesame seeds, keep turning them. When they start to pop and change colour (careful not to burn) let them cool a little and then place in a food processor until you get a paste. The smell is divine!

Then add in:

Juice of 1 lemon. (I like a little of the skin grated in too)

1/2 tsp red chilli powder

1 flat tsp of ground turmeric - if fresh 1 1/2 tsp, grated

1 1/2 tsps grated ginger

Mix all together adding more oil if too thick. Or add more lemon/lime juice to your taste.

Spice:

Fry green chilli - little finger ones are best - (3 to 6 depending on how hot you like it), split lengthwise, with seeds, in 4 tbsp oil with 3 finger pinch each of cumin seeds, coriander seeds & black mustard seeds.

Finally:

Add the dressing mix to the veg and massage in, using your hands to ensure everything is evenly coated. Add the fresh coriander, if using. Finally add the hot chilli, gently mix.

Can be stored, covered, in the fridge for 5 days.

Delicious with anything or on its own!

Note: I don't use any onions or garlic in mine...personal choice. I am a little more generous with the ginger.