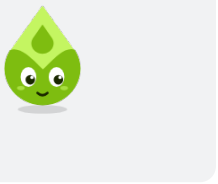
Dinner, Indian

Crunchy Mixed Vegetable Pickle

Fresh chopped vegetables are soaked in a salt brine for a day to keep them crisp. A blended paste of split mustard seeds and spices is then stirred through before serving.



15 min	52	9.3 g	0.7 g
time	calories	carbs	sugars

Vegan | Dairy free | Nut free

Ingredients, 3 servings

- [ ] 2 1/2 cups chopped mixed vegetables (carrots , cauliflower , tendli etc.)
- [ ] 2 tbsp salt (namak)
- [ ] 2 tbsp split mustard seeds (rai na kuria)
- [ ] 1 1/2 tsp red chilli powder
- [ ] 1/4 tsp asafoetida (hing)
- [ ] 1/2 tsp haldi powder (turmeric powder)

Method

- [ ] 1 Toss the chopped mixed vegetables with the salt and 1/2 cup of water, then pack into a sterilized glass jar and leave aside for 1 day.
- [ ] 2 The next day, spoon out 2 tablespoons of the water from the jar.
- [ ] 3 Blend this water with the split mustard seeds, red chilli powder, asafoetida and turmeric powder in a mixer until smooth.
- [ ] 4 Stir the paste into the pickle until everything is well mixed.
- [ ] 5 Serve straight away, or store in the refrigerator for up to 6 months.

Nutrition Facts

Per serving

Calories	**52**
Total fat	0.2 g
Saturated fat	Not listed
Sodium	5193 mg
Total carbs	9.3 g
Fiber	4.9 g
Total sugars	0.7 g
Protein	3.3 g

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