

Achard Legumes Recipe

Servings: 6 containers

Prep Time: 30 minutes

Cook Time: 20 minutes

Ingredients:

1. 400ml Vegetable Oil
2. 3 teaspoons Fresh Garlic Paste
3. 3 teaspoons Fresh Ginger Paste
4. 1 teaspoon Mustard Dijon Paste
5. Green Chilli, sliced to taste
6. 200g Wholegrain Mustard
7. Salt (2-3 teaspoons, to taste)
8. Turmeric (3-4 tablespoons, to taste and colour)
9. 75ml White Vinegar
10. 400g Sliced Green Beans (frozen can be used)
11. 3 Onions (white or red)
12. ½ Medium Cauliflower in florets
13. ¼ Medium Cabbage, thinly sliced
14. 400g Shredded Carrots

Instructions:

1. Heat oil in a dedicated wok (turmeric stains!) over medium heat until hot but not smoking.
2. Add garlic, ginger, and mustard paste. Cook 2 minutes.
3. Add green chilli. Cook 2 minutes.
4. Add wholegrain mustard. Cook 2 minutes.
5. Add salt. Mix turmeric with vinegar. Cook 2 minutes, allowing turmeric to fry until smooth.
6. Add green beans, onions, cauliflower, cabbage, and carrots. Cook each vegetable for 2 minutes, in sequence.

7. Switch off heat. Toss vegetables in sauce until evenly coated and yellowed. Continue tossing 2 minutes.
8. **Key tip:** Don't overcook! Achard is best when crunchy.
9. Cool completely. Pack in airtight jars or containers. Refrigerate.
10. Serve with bread or rice. Bon Appétit!

Enjoy this delicious Achard Legumes recipe? Share it with your loved ones on Facebook and tag us! Let's get the conversation started and share some culinary love!