

## Vegetable Atchar Recipe - Spicy, Crunchy & Chef-Tested

Chef Metjie's Spicy Vegetable Atchar Recipe ???



**TIME**  
**3 min**

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**ChefManiac**

### INGREDIENTS

Fresh Vegetables:

- 1 cup carrots, diced
- 1 cup red cabbage, chopped
- 1 cup white cabbage, chopped
- 1 cup baby marrow (zucchini), diced
- 1 cup cauliflower, broken into florets

Aromatics & Seasoning:

- 4 curry leaves
- 3 green chillies, sliced
- Crushed garlic (optional, to taste)
- 2 tablespoons vinegar
- 2 tablespoons fresh lemon juice
- 2 tablespoons mustard seeds
- 4 tablespoons turmeric powder
- 100 ml atchar masala
- 200 ml oil (preferably sunflower or canola)

Optional:

- 2 tablespoons white sugar (if too salty)

### DIRECTIONS

1. Prep Your Veggies: Wash and chop all vegetables into small, uniform pieces.
2. Pat dry to remove any excess moisture-this helps retain crunch and shelf life.
3. Make the Spiced Oil: In a large pot or deep pan, heat 200 ml oil over medium heat.
4. Add sliced chillies, garlic (if using), mustard seeds, turmeric, and atchar masala.
5. SautØ for about 2-3 minutes until fragrant-don't let the garlic burn.
6. Cook the Vegetables: Stir in all the chopped vegetables and curry leaves.
7. SautØ for 1 minute only-you want them just heated, not soft. This keeps that essential crunch.
8. Finish with Acidity: Remove the pan from heat.
9. Stir in vinegar and lemon juice.
10. Add 2 tsp of white sugar if it tastes overly salty (optional but helpful!).
11. Store the Atchar: Spoon the hot mixture into sterilized jars while still warm.
12. Let cool, then refrigerate overnight to allow the flavors to develop.

### SWAPS & NOTES

& Swaps Atchar Masala: Available at Indian or South African grocers-blend of chili powder, turmeric, fenugreek, and more.

Vinegar: White or malt vinegar work great.

Apple cider vinegar adds an extra fruity note.

Vegetables: Try green beans, radish, or turnips as substitutions.

## TIPS FOR SUCCESS

Don't overcook the veggies -you want that snap.

Sterilize jars properly if you plan to store long-term.

Tweak the heat level by adjusting the number of chilies.

Flavor improves overnight , so plan to make this ahead of when you need it!

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/vegetable-atchar-recipe-spicy-crunchy-chef-tested/>