



Zoodles noodles (OP W)

Serving: 1

Veg

Ingredients

- 2 tsp olive oil / any oil
- 1 inch ginger finely chopped
- 1 stem spring onion finely chopped
- 7 florets broccoli
- 3 beans finely chopped
- 4 tbsp cabbage thinly shredded
- 3 tbsp capsicum green & red, sliced
- 1 zucchini , noodles (Spiralized)(Zoodles)
- 1 tsp soy sauce
- salt to taste
- 1/2 tsp pepper crushed
- Chilli flakes to taste

Preparation Method

- 1. firstly, heat olive oil in a wok.
- 2. further add garlic and ginger. saute on high flame.
- 3. add vegetables like , broccoli, beans and cabbage
- 4. saute on high flame and make sure not to loose the crunchiness.
- 5. also add in capsicum and saute well.
- 6. furthermore add zucchini noodles (Zoodles) and mix gently.
- 7. add 1 tsp soy sauce, , salt to taste and 1/2 tsp pepper and chilli flakes
- 8. mix or toss on high flame without breaking zoodles.
- 9. furthermore, add spring onion and transfer to the serving bowl.
- 10. finally, serve .