



Stir Fry Veggies

Serving: 1

Veg

Ingredients

- -1/4 cup sliced onions
- -1/4 cup shredded cabbage
- -1 tbsp chopped spring onions
- -1/4 cup sliced capsicum
- -1/4 cup sliced tomatoes
- -1/4 cup thinly sliced carrots
- -1/4 cup florets broccoli
- -1/4 cup bell peppers (both red and yellow)
- -1/2 tsp finely chopped green chillies
- -1/2 tsp finely chopped ginger (adrak)
- -1/2 tsp finely chopped garlic (lehsun)
- -salt to taste
- -1 tsp tomato sauce
- -1 tsp oil

Preparation Method

1. Heat the oil in broad non-stick pan, add the green chillies, ginger and garlic and sauté on a medium flame for a few seconds.
2. Add the onions and sauté on a medium flame for 1 minute.
3. Then add the vegetables first which takes the longer time to cook like broccoli, baby corn and carrots. Saute it for 2 min.
4. Add all the remaining vegetables, salt and sauté on a medium flame for 2 more minutes.
5. Add the tomato sauce and sauté on a medium flame for another minute.
6. Serve immediately.