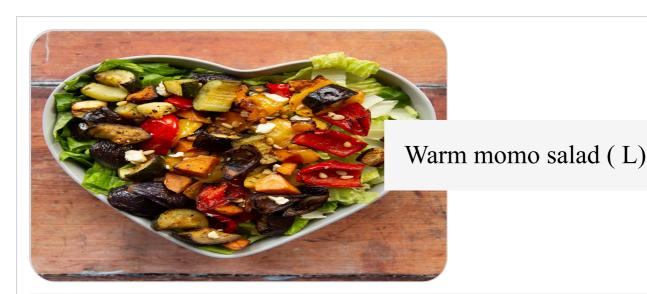


C-2, HIRA MANEK, OPP BMC MARKET, BAPISTA ROAD Vile Parle (West), Maharashtra, India, 400056 +91-9820577553 eatfit24by7@gmail.com



Serving: 1 Veg

Ingredients

- 1/4 cup chopped carrot
- 1/4 cup chopped baby corn
- 4-5 broccoli florets
- 1/4 cup chopped cabbage
- 2 tbsp chopped capsicum
- 2 tbsp chopped onions
- 1 spoon olive oil
- 1 tbsp garlic-ginger paste
- salt and pepper to taste
- Oven roasted purple yam
- For dressing:
- 1 tsp soya sauce
- 1 tsp chives
- 1 tsp hot red sauce
- 1 tsp honey
- 1 tbsp fried burnt garlic for garnish

Preparation Method

- Take a pan, add olive oil, once hot, add onions, capsicum, saute fo 3-4 minutes, than add all the other veggies, Cook for 2 minutes
- Than add ginger garlic paste, salt and pepper. Mix well .keep aside
- For dressing: Add all the ingredients, mix well.
- While serving, take the veggies mixture on a plate, pour the dressing, mix well and garnish with burnt garlic
- enjoy