



## Stir Fry Veggies\*

Serving: 1

Veg

### *Ingredients*

- 1 tablespoons extra light olive oil
- Pinch sea salt
- 7-9 broccoli florets
- 7-9 cauliflower florets
- 5 fresh mushrooms
- 1 medium red and green bell peppers
- 50 grams paneer , sliced
- 1 teaspoon low sodium soy sauce
- 1 teaspoon rice vinegar (or apple cider vinegar)
- 1/2 teaspoon ginger taste
- A pinch of red pepper flakes
- Black pepper corn powder to taste

### *Preparation Method*

- Prep all vegetables by chopping them into small, bite size pieces.
- Heat oil in a pan to high heat. Once hot, ginger paste and let saute for 1 minute.
- Add mushrooms and let them soak up some of the oil. Once they do, add broccoli and mix together well.
- Let broccoli cook for a few minutes, add cauliflower . Mix this together well.
- Add bell pepper, Paneer spices, sauces and then mix together well.
- Once everything is cooked, Serve