**Stir Fry Vegetables**

Prep time: 10 min Cook time: 15 min

**Ingredients:**

* ½ red and ½ yellow bell pepper, roughly chopped
* ½ cup broccoli, roughly chopped
* 10 pieces baby corn
* 1 pack mushrooms, halved
* ½ cup French beans
* 1 carrot, peeled and sliced
* 2 tbsp extra light olive oil
* 1 tsp cloves garlic, minced
* ½ tsp ginger grated
* ¼ cup vegetable broth (can be made by powdered broth)
* 2 tbsp soya sauce
* 1 tbsp honey
* Low sodium salt & pepper to taste.

**Instructions:**

1. Heat oil in a pan over medium-high heat. Add the vegetables and stir-fry for 3 minutes.
2. Add garlic and ginger, then cook for another 2 minutes, stirring frequently.
3. In a small bowl, mix vegetable broth, soy sauce, and honey until well combined.
4. Pour the mixture over the vegetables, stir well, and cook over low to medium heat for 5 more minutes until the flavors meld.
5. Remove from heat and serve warm with rice.