**Sweet & Sour Vegetables**

Prep time: 20 min Cook time: 30 min

**Ingredients:**

* 5 cauliflower florets
* 1 carrot, chopped
* 6 baby corn, roughly chopped
* 1 capsicum, roughly chopped
* 1 onion, chopped
* 2 cloves garlic, minced or crushed
* 4 spring onion, chopped
* 3 tablespoons tomato ketchup
* 1 tablespoons red chilli sauce
* 1/2 teaspoon soy sauce
* 1 teaspoon vinegar
* 1 tablespoon corn flour
* Low sodium salt and pepper, to taste

**Instructions:**

1. In a bowl, mix tomato ketchup, red chili sauce, soy sauce, vinegar, cornflour, and ½ cup water until smooth.
2. Transfer the mixture to a pan, bring to a boil while stirring continuously, then remove from heat and set aside.
3. Heat oil in a separate pan over medium heat, add onion, garlic, and capsicum, and sauté for 2 minutes.
4. Add the remaining vegetables and salt, then stir-fry until the vegetables are tender yet crisp.
5. Pour the prepared sauce into the pan, stir well, and bring everything to a gentle boil.
6. Remove from heat and serve hot with rice or noodles.