**Broccoli, Beetroot, Bell pepper & Zucchini Sauted**

Prep time: 10 min Cook time: 5 min

**Ingredients:**

* ½ red and ½ yellow bell pepper, roughly chopped
* ½ green and ½ yellow zucchini, roughly chopped
* 1 tomato, cut into 4 pieces
* 1 beetroot, roughly chopped
* ½ cup broccoli, roughly chopped
* ½ cucumber, roughly chopped
* 2 tbsp fresh pomegranate seeds (optional)
* 2 tbsp extra light olive oil
* 1 tsp cloves garlic, minced
* 1 tbsp lemon juice
* ½ tbsp basil leaves, finely chopped
* 1 tsp chia seeds
* Low sodium salt, pepper & oregano to taste.

**Instructions:**

1. Heat olive oil in a pan over medium flame. Add garlic, beetroot, bell peppers, zucchini, tomato, and broccoli. Sauté for about 5 minutes until slightly tender but still crisp.
2. Remove from heat and transfer to a bowl. Let it cool slightly.
3. Add cucumber, pomegranate seeds, chia seeds, lemon juice, and basil. Toss everything together.
4. Season with salt, pepper, and oregano.
5. Serve at room temperature.