



Stir Fried Vegetables

SERVES 4

INGREDIENTS

Olive oil spray
1 teaspoon crushed garlic
1 medium red chilli, chopped
1 teaspoon ginger grated
½ red pepper, thinly sliced
½ yellow pepper, thinly sliced
2 patty pan squash (button squash), quartered
1 zucchini, chopped into batons
1 cup broccoli florets
1 cup cauliflower florets
1 carrot, sliced into matchsticks
2 shallots, sliced diagonally
150g green beans, trimmed, halved
3 tablespoons soy sauce

METHOD

1. Heat a wok or large frying pan over high heat and spray lightly with olive oil.
2. Stir fry garlic, chilli, and ginger for 1–2 minutes.
3. Add all vegetables, except for the beans, and cook until tender.
4. Add beans and stir through the soy sauce, cook for 2 minutes then serve.

