

Chinese Mixed Vegetable Stir Fry

Yield: 6 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/mixed-vegetables-chinese-style-recipe>

Ingredients:

- 2 tablespoons oil
- 1 head broccoli cut into florets
- 4 garlic cloves peeled and crushed
- 2 inches ginger peeled and grated
- 2 carrots peeled and sliced
- 15/16 cup mushrooms washed and chopped
- 9/16 cup sweetcorn baby, washed and trimmed
- 7/8 cup mangetout or sugar snap peas, washed and trimmed
- 3 1/8 ounces asparagus washed and cut into bite size pieces
- 2 tablespoons soy sauce
- 1 teaspoon cornflour
- salt
- pepper

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 17 grams
3. Fat: 5 grams
4. Fiber: 6 grams
5. Protein: 6 grams
6. Sodium: 490 milligrams
7. Sugar: 5 grams

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