

Easy Vegetable Stir-Fry

Serves 2 • Prep 10 min • Cook 10 min

Ingredients

- 1 small head broccoli
- 1 zucchini
- 1 red capsicum
- 150g mushrooms
- 2 cups shredded cabbage
- 2 spring onions
- 2 garlic cloves
- 1 tsp grated ginger
- 2 tbsp avocado/olive oil
- 1 tbsp sesame oil
- 2 tbsp tamari
- 1 tbsp lime juice
- 1 tsp Dijon
- 1 tsp sesame oil
- Chilli flakes

Method

1. Whisk tamari, lime, Dijon, sesame oil, ginger and water into the sauce.
2. If using protein, cook it first and set aside.
3. Stir-fry broccoli 2 min; add capsicum, zucchini and mushrooms for 3 min.
4. Add cabbage, garlic and ginger for 2 min. Return protein, add sauce and toss 1–2 min. Finish with spring onions.

Nutrition / Recipe Notes

Protein optional • Low-carb • No added sugar

Serving idea

Serve immediately with fresh herbs, lemon or a simple low-carb vegetable side. Nutrition is approximate and will vary with brands and portion sizes.

Photo placeholder — Add a finished-meal photograph here for the website/print version.