

Simple Veggie Stir-Fry

A quick and easy vegetable stir-fry perfect for a basic veg meal.


15 min

Total time

Easy

Difficulty

250

kcal / serving

Ingredients

- 1 cup mixed vegetables (bell peppers, broccoli, carrots, snap peas)
- 2 tbsp soy sauce
- 1 tbsp oil
- 1 clove garlic, minced
- Salt and pepper to taste
- Cooked rice or noodles for serving

Steps

- 1 Heat oil in a pan over medium heat.
- 2 Add minced garlic and stir for 1 minute.
- 3 Add mixed vegetables and stir-fry for 5-7 minutes until tender.
- 4 Pour in soy sauce, salt, and pepper. Stir well.
- 5 Serve over cooked rice or noodles.