

Vibrant Spring Vegetable Medley

This vibrant vegetable dish celebrates the fresh flavors of spring with a medley of seasonal vegetables, lightly sautéed to retain their crunch and color. Perfect as a side dish or a light main course!


15 min

Total time

easy

Difficulty

150

kcal / serving

Ingredients

- 1 cup asparagus, trimmed and cut into 2-inch pieces
- 1 cup bell peppers (mixed colors), sliced
- 1 small zucchini, sliced
- 1 small carrot, julienned
- 1 tablespoon olive oil
- 1 clove garlic, minced
- Salt and pepper to taste
- Fresh basil leaves for garnish

Steps

- 1 Heat the olive oil in a large skillet over medium heat.
- 2 Add the minced garlic and sauté for about 30 seconds until fragrant.
- 3 Add the asparagus and carrots to the skillet, cooking for 3-4 minutes until they start to soften.
- 4 Stir in the bell peppers and zucchini, and continue to cook for an additional 3-4 minutes, stirring occasionally.
- 5 Season with salt and pepper to taste.
- 6 Remove from heat and garnish with fresh basil leaves before serving.