

RECIPE | PEPPERS

ASIAN VEGETABLE MEDLEY



Follow us



pure-flavor.com



ASIAN VEGETABLE MEDLEY

INGREDIENTS

For Stir Fry:

- 1 Pure Flavor® Sweet Bell Pepper, seeded, cut into bite sized pieces
- 1 medium carrot, thinly sliced diagonally
- ½ yellow onion, cut into 1" pieces
- ¾ cup baby corn
- ¼ broccoli florets
- ¼ cups cauliflower florets
- ½ cup snow peas

For Sauce:

- ¼ cup vegetable broth
- 1 tbsp dark soy sauce
- 1 tbsp oyster flavored sauce
- 1 tsp sesame oil
- 1 tsp extra virgin olive oil

DIRECTIONS

1. Combine all sauce ingredients in a bowl, set aside.
2. Place wok/wide frying pan on high heat.
3. Add oil, swirl to coat sides.
4. Add vegetables and stir fry for one minute.
5. Reduce to medium-high. Cover and cook for five minutes.



TOTAL TIME

20 minutes

PREP TIME

5 minutes

COOK TIME

15 minutes

SERVES

2

COOKING LEVEL

Easy