

Broccoli and mushroom stir fry

Makes: 4 Servings of 1 ½ Cups each

Ingredients

- 1 medium head of broccoli, cut into small florets
- 1 medium red onion, chopped small
- 2 cloves garlic, minced
- 2 cups mushrooms, sliced
- ¼ teaspoon Chilli flakes (optional)
- 2 teaspoons fresh ginger, grated
- 1/4 cup water
- 4 tablespoons soy sauce
- 1 tablespoon sesame seeds (toast on a dry frying pan, keep tossing until brown)



Instructions

Heat up a large pan/wok, add the broccoli, onion, garlic, mushrooms, chilli, ginger, and water. Cook, stirring often until broccoli is soft and onions are translucent. Add more water as needed to prevent the vegetables from sticking.

Stir in the soy sauce stir well and simmer for about 2 minutes. Sprinkle with sesame seeds and serve.

Nutrition information:

Serving Size: 1 ½ cups =

Calories: 133
Saturated Fat: 1g
Carbohydrates: 7g
Protein: 4g