

Broccoli Stir-Fry

Visual Recipe
by DAREBEE
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1 head ~ 1lb ~ 500g fresh broccoli
2 carrots
2 bell peppers
1 tbsp sesame oil

LEVEL UP! Add fresh garlic, spring onions and sesame seeds.

2 PORTIONS

INSTRUCTIONS

1. Split broccoli into bite-sized florets. Peel the carrot and de-seed the bell pepper. Cut both into bite-sized pieces. Fill a large pan with water and bring it to a boil. Add carrots. Set the timer to 7 minutes. Two minutes in, add broccoli. Five minutes in, add bell pepper.

2. Remove from heat, transfer the vegetables into a colander and run under cold water under the tap to stop them from cooking any further.

3. Clean, finely dice garlic cloves, if using, and add them to a frying pan along with sesame oil. Set heat to high.

4. Once the frying pan heats up, add blanched vegetables and stir fry for 2 minutes. Season for taste and keep stirring.

5. Transfer to a plate.

6. Garnish with spring onions and sprinkle with sesame seeds. Serve with soy sauce and eat with chopsticks.

