

Organic Veggie Stir-Fry

Sauté de légumes bio

- 15 min
- Easy
- 310 kcal per serving
- Dinner
- Lunch
- Vegan
- Quick



Ingredients

FOR ONE SERVING

Broccoli (<i>Brocoli</i>)	150 g
Bell pepper (<i>Poivron</i>)	1
Carrot (<i>Carotte</i>)	1
Soy sauce (<i>Sauce soja</i>)	2 tbsps
Sesame oil (<i>Huile de sésame</i>)	1 tbsp
Rice noodles (<i>Nouilles de riz</i>)	100 g
Ginger (<i>Gingembre</i>)	1 tsp

Nutrition facts

PER SERVING

Calories	310
Protein	10 g
Carbohydrates	38 g
Fat	14 g
Fiber	7 g

Preparation

- 1 Bring a pot of water to a boil and cook the rice noodles until just tender, then drain them.
- 2 Wash the broccoli, bell pepper, and carrot. Cut the broccoli into small florets, slice the bell pepper, and cut the carrot into thin matchsticks or slices.
- 3 Heat the sesame oil in a large skillet or wok over medium heat.
- 4 Add the ginger and cook for about 30 seconds until fragrant.
- 5 Add the broccoli and carrot, then stir-fry for 3 to 4 minutes. Add a small splash of water if needed to help them soften.
- 6 Add the bell pepper and cook for 2 minutes more, keeping the vegetables crisp-tender.

- 7 Add the cooked noodles and soy sauce, then toss everything together until evenly coated and heated through.
- 8 Taste and season with salt and pepper if needed, then serve right away.

GOOD TO KNOW

For the best texture, keep the vegetables moving in the pan and avoid overcooking the noodles.