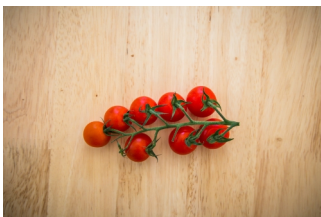


Veggie Stir Fry

Servings: 2/3

Time: 10 mins



Ingredients

1/2 x Cauliflower head
1 x Courgette
3 x Sliced Mushrooms
8 x Cherry Tomatoes
2 x Eggs
1 x Pack Rice Noodles

How to Cook

Pre-heat pan on high heat while chopping all veg.

Add cauliflower to the pan first, then every 60 seconds add the rest of the veg in this order: courgette, mushrooms, tomatoes, rice noodles.

Push the veg to one side and crack both eggs into the pan. Beat and stir them like scrambled egg.

Mix everything together for another 1-2 mins.

Serve up and add salt, pepper, olive oil and any herbs/spices to flavour.

Note: Avoid processed sauces like sweet chilli or anything that comes in a packet, pre-made.

How to Serve

Option 1 - Eat as is.

Option 2 - For lower carbs, 1/2 the amount of rice noodles.

Refrigerate the remainder in a container for 1-2 more meals.