



TOTAL TIME

20 minutes

PREP TIME

5 minutes

COOK TIME

15 minutes

SERVES

2

COOKING LEVEL

Easy

RECIPE | PEPPERS



ASIAN VEGETABLE MEDLEY

INGREDIENTS

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

INGREDIENTS (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.



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