



## Stir Fry Vegetables

Julienne vegetables stir-fried in Vegeta gourmet stock will be a meal in itself to some, and to others an excellent side dish to a steak or roast meat. The choice is yours, and the taste is gourmet!

### Ingredients

#### Number of persons: 4

- 50 g butter
- 400 g leek
- 200 g green beans
- 100 g peas
- 100 g button mushrooms
- 300 g red capsicum, fresh
- 300 g green capsicum, fresh
- 500 ml [Vegeta Gourmet Liquid Stock](#)
- 100 g cauliflower
- 50 g baby corn - canned
- 2 teaspoons corn flour



Preparation time: 40 min

Energetic value: 285 kcal / 1191 kJ

Demanding:

### Preparation

1. Melt butter in a saucepan. Add leek (cut in strips) and stir-fry.
2. Add green beans, peas, mushrooms, strips of red & green capsicum and pour over 400 ml of Vegeta Gourmet Liquid Stock. Simmer on low heat for 10 minutes, and add cauliflower and corn.
3. Add the remaining stock and cook for another 10 minutes.
4. Finally stir in corn flour (previously mixed with 50 ml of water) and cook for another 1-2 minutes.

### Serving

Serve as a light meal, or as a side dish with your favorite steak.

### Tip

You can replace the butter with olive oil, and chop the vegetables in to larger pieces to offer a different look, when serving.

### My notes

