



# VEGETABLE STIR-FRY WITH RICE

## Ingredients:

- 300g rice
- Mixed vegetables (broccoli, carrots, peppers, courgettes), chopped
- Soy sauce
- 2 cloves of garlic, minced
- A small piece of ginger, grated
- Olive or vegetable oil

## Instructions:

1. **Cook Rice:** Cook rice according to package instructions. Set aside.
2. **Stir-Fry Vegetables:** Heat oil in a wok or large frying pan. Add garlic and ginger, sauté for a minute. Add chopped vegetables, stir-fry until tender.
3. **Season:** Add cooked rice to the vegetables. Pour soy sauce over the mixture, stir well to combine.
4. **Serve:** Serve hot, can be garnished with sesame seeds or sliced green onions.