



Vegetable stir fry with spaghetti

15'
Hands on

5'
Cook Time

2-4
Portion(s)

1
Difficulty



Method

- Cut the onion and the carrot into rounds, the cauliflower into florets, and finely chop the garlic.
- Heat the olive oil in a [wok](#) over medium heat.
- Sauté the vegetables for 3-4 minutes until they are slightly tender.
- Add pepper, the soy sauce, the boiled spaghetti, and mix well with a serving spoon.
- Remove the wok from the heat and sprinkle with the sesame seeds.
- Serve with finely chopped spring onion.

Ingredients

- 1 onion
- 1 carrot
- 100 g cauliflower
- 1 clove(s) of garlic
- 2 tablespoon(s) olive oil
- pepper
- 100 g soy sauce
- 200 g spaghetti, boiled
- 1 teaspoon(s) sesame seeds
- spring onion, finely chopped, to serve

Διατροφικός πίνακας

Nutrition information per portion

144 Calories (kcal)	2.6 Total Fat (g)	0.4 Saturated Fat (g)	22.0 Total Carbs (g)
7%	4%	2%	8%
4.7 Sugars (g)	6.8 Protein (g)	3.3 Fibre (g)	3.5 Sodium (g)
5%	14%	13%	58%