

# Stir-Fry Mixed Vegetable



**Preparation Time:**  
10 minutes  
**Total Cooking Time:**  
15 minutes.  
**Serves:** 4



## Ingredients

50ml Sesame Seed Oil  
4 cm of fresh Ginger (peeled & chopped)  
1 Large Leek (halved lengthways, & cut in 2 cm pieces)  
2 Large Carrots (halved lengthways, & thinly sliced)

1 Large Red Capsicum (cut in thin strips)  
1 Cucumber (halved lengthways, & cut in 2.5cm pieces)  
4 Mushrooms (sliced)

## Method

1. Collect all ingredients
2. Heat the oil in a large frying pan. Add the ginger and stir-fry for 2 minutes.
3. Add the leek and carrots and stir-fry for another 2 minutes.
4. Add the capsicum, cucumber, and mushrooms and continue stir-frying for another 3 minutes or until the vegetables are hot but still crisp.
5. Serve Hot

