



One Pan Vegetables with Miso Tahini Sauce

Serves 4

What you need to do

1 tsp. sesame oil
2 cloves garlic, chopped
½ tsp. salt
8.8 oz. (250g) mushrooms, sliced
1 red pepper, sliced
1 yellow pepper, sliced
1 courgette, sliced
4 oz. (115g) green beans, trimmed
1 tbsp. sesame seeds, garnish

Heat the sesame oil in a large skillet or wok over medium heat. Add the garlic, season with salt, and cook for a few minutes until soft. Add the remaining vegetables and cook for 10 minutes, until the courgette has softened.

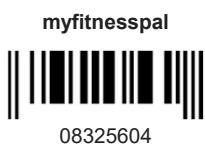
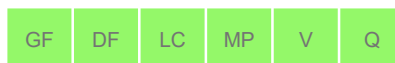
In the meantime, make the stir-fry sauce: Place all the sauce ingredients in a small bowl and combine. Add a little more almond milk if the sauce is too thick.

Once the vegetables have cooked, add the stir-fry sauce and mix well. Place the vegetables in a serving dish, sprinkle over the sesame seeds, and serve.

Sauce:

1 tbsp. miso paste
2 tsp. maple syrup
4 tbsp. almond milk, unsweetened
1 lime, juiced
1 tbsp. tahini

Serving Suggestion: Thai-Style Turkey Burgers



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	10 mins	133	5	16	6	4