DietCloud – Recipe

Recipe Name: Zucchini And Bell Pepper Stir Fry Recipe

Diet Type:

Course: Side Dish

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 2 Green zucchini - cut into long stripes • 2 Red Bell pepper (Capsicum) - de-seeded and cut into stripes • 1 Onion - thinly sliced • 3 cloves Garlic - finely chopped • 1 teaspoon Fresh Thyme leaves • 1 teaspoon Dried oregano • 1 teaspoon Red Chilli flakes • 1 tablespoon Extra Virgin Olive Oil • Salt - to taste	4

Preparation

• To begin making Zucchini and Bell Pepper Stir Fry Recipe, wash, dry and cut the zucchinis and bell peppers into long stripes and keep aside.

• Heat olive oil in a wok, add the finely chopped garlic and saute till it turns golden colour.

• Add the sliced onion and saute until it turns translucent.

• Add in the zucchini and red bell pepper stripes, season with salt and flash fry them for a minute.

• Add in the oregano, thyme and red chilli flakes and saute for another minute and switch off the flame.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)