



INGREDIENTS

- 1 carrot diced
- 1/2 cauliflower pulsed to rice consistency
- 1/2 cup frozen corn
- 1/2 cup frozen peas
- 2 dessert spoons tamari
- A pinch of chilli powder to taste
- Salt and pepper to taste
- 1 cm Ginger diced
- 3 garlic cloves
- 2 spring onions chopped
- 10 shiitake mushrooms soaked 15 minutes then sliced
- 1 tsp sesame oil

PROCESS

- Heat sesame oil and add minced garlic and ginger, after 1 minute add diced
- Carrot and shiitake mushroom and cook for 3 minutes.
- Add all other ingredients (except spring onion)
- And cook for 2-3 minutes. Once cooked through add a sprinkle of chopped spring onion and serve



cauliflower



garlic



ginger



ADDITIONAL

Made in the Ladyship and a rich source of calcium, fiber and gut healing foods.