



**CHLOË BOWLER**  
complete wellbeing

## **MUSHROOM & BROCCOLI STIR FRY**



### **Ingredients (Serves 2):**

**VEG**

- |                       |                              |
|-----------------------|------------------------------|
| 1. 2cm Ginger         | 6. 1 Broccoli Head           |
| 2. 1 Onion            | 7. 200g Chopped Mushroom     |
| 3. 1 Clove of Garlic  | 8. Soy Sauce                 |
| 4. 1 Green Chilli     | 9. 1 tbsp Toasted Sesame Oil |
| 5. Bunch of Coriander | 10. 2 Spring Onions          |

### **Method:**

1. Start by chopping the onion, ginger and garlic and add to a pan with Toasted Sesame Oil.
2. Chop the chilli, broccoli and mushrooms and add to the pan.
3. Season well and stir until all the vegetables are cooked to liking.
4. Add the chopped spring onions, coriander and soy sauce.
5. Stir well and serve.

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