

Zucchini Stir-Fry

@SFSTATECARES

PREP TIME: 10 MIN | COOK TIME: 10 MIN | SERVINGS: 4

INGREDIENTS:

- 2 zucchinis, cut into bite-sized pieces
- 2 onions, sliced
- 1 Tbsp minced garlic
- 2 tsp cooking oil
- 1 dry red chilli (optional)
- 1.5 Tbsp soy sauce
- Salt and pepper to taste
- 1/2 tsp sesame oil (optional)

RECIPE NOTES:

- For a filling meal, serve with rice or noodles!

DIRECTIONS:

- Pour oil into a pan over medium heat. Once hot, add dry red chilli (if using) and cook for 1-2 minutes.
- Add sliced onion and sauté until soft and translucent. Add in the minced garlic and stir for about 30 seconds.
- Add in your chopped zucchini. Stir fry on high heat for 2-3 minutes.
- Add soy sauce, salt, and pepper. Toss everything and mix well.
- Stir fry for another 2-3 minutes or until small brown blisters start appearing on the surface of the vegetables.
- Remove from heat, drizzle with sesame oil and mix well.
- Serve and enjoy!



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