

Ingredients for Life

Indian-Inspired Stir-Fry

Indian-Inspired Stir-Fry is a colorful dish bursting with spicy flavors of chili powder, cumin, coriander, and turmeric. Stir-frying is an easy cooking technique that includes a small amount of oil and a hot pan to quickly cook ingredients. Constantly stir the vegetables to ensure even cooking and flavor distribution. The lime juice adds brightness to ensure a well-rounded flavor.

Serves 4 Serving size: 11/4 cup Prep time: 15 minutes Cook time: 10 minutes Total time: 25 minutes

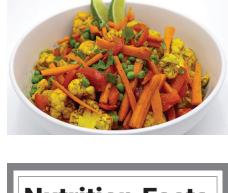
Ingredients

- 1 Tablespoon olive oil
- 3 cloves garlic, minced
- 1 teaspoon fresh ginger, minced or grated
- 1/2 teaspoon kosher salt
- 1 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon coriander powder

- 1/2 teaspoon turmeric powder
- 1 red bell pepper, thinly sliced
- 1 carrot, thinly sliced
- 2 cups cauliflower florets
- 1/2 cup peas, frozen or canned
- 1/2 lime, juiced
- · Garnish with cilantro and lime wedges (optional)

Directions

- 1. Heat olive oil in a pan over medium-high heat. Once heated, add garlic and ginger. Continuously stir and cook aromatics for about 1 minute, or until fragrant.
- 2. Add salt, chili powder, ground cumin, coriander powder, and turmeric powder to the pan. Continuously stir and cook for about 30 seconds, or until fragrant.
- 3. Add red bell pepper, carrot, and cauliflower florets. May need to increase the heat to high to maintain a stir-fry (the ingredients should continue to "sizzle"). Stir-fry for 3-4 minutes, or until ingredients are slightly tender.
- 4. Add green peas and lime juice. Continuously stir and cook until peas are warmed. Taste for seasoning.
- 5. Garnish with cilantro (optional).



4 Servings Per Container Serving Size	149g
Amount Per Serving Calories	90
%	Daily Value
Total Fat 4.5g	69
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 490mg	20%
Total Carbohydrates 13g	5%
Dietary Fiber 4g	15%
Total Sugars 5g	
Includes 0g Added Sugars	09
Protein 3g	
Vitamin D 0mcg	09
Calcium 40mg	49
Iron 1.6mg	89
Potassium 410mg	89
* The % Daily Value (DV) tells you how much serving of food contributes to a daily diet. 2, day is used for general nutrition advice.	



