

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: 1¼ 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).



Nutrition Facts

4 Servings Per Container

Serving Size 149g

Amount Per Serving
Calories 90

% Daily Value *

Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 490mg	20%
Total Carbohydrates 13g	5%
Dietary Fiber 4g	15%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 1.6mg	8%
Potassium 410mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Cauliflower, Red Peppers, Green Peas, Carrots, Lime juice, Garlic Cloves, Extra Virgin Olive Oil, Kosher Salt, Chili powder, Cumin seed, Ginger root, Coriander seed, Turmeric