

Recipe

Happy Family

By

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Ingredients

2 cups fresh corn kernels
2/3 cup frozen peas
3 tbsp cubed carrot
½ cup soy meat (any kind or omit this)
24 small pieces of broccoli flowers
2 tbsp corn starch
1 ½ cup water (or veggie broth)
1 tsp salt
1/8 tsp black pepper
3 tbsp oil

Preparation

Heat oil in a pan. Add carrot and soy meat and cook for a few minutes. Add corn kernels, salt and pepper, and cook for 5 minutes before adding peas and water. Turn the heat low after boiling then add the corn starch mixture (corn starch mixed with water).

Meanwhile, in a pot of boiling water (add a few drops of oil and salt), blench broccoli flowers.

Squeeze out water before you decorate the serving tray. Add the cooked vegetables in the center of the tray/plate.

***If you do not have soy meat, use tofu or red/green peppers. If you prefer, you may sprinkle a few drops of sesame oil on top.

Serves

6

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Hare Rama Hare Rama Rama Rama Hare Hare