

# Spicy Vegetable Saute

Course: Lunch, Salad, Side Dish, Vegetarian    Cuisine: Vegan, Vegetarian    Yield: 8 people

## Materials

- 2 pounds broccoli florets
- 1 each cauliflower florets
- 3 each scallion diced
- 1/2 pound carrot sliced
- 1 cup bean sprouts
- 2 tablespoon curry powder
- 2 each jalapeno peppers
- 1 tablespoon roasted sesame oil
- 1 cup parsnips sliced
- 1/2 cup cilantro chopped
- 1 teaspoon cumin seed
- 1 teaspoon brown mustard seed
- 1 teaspoon ginger

## Instructions

1. In a very hot large skillet add broccoli, carrot, parsnip, cauliflower ginger & spices.
2. When vegetables brown add remaining ingredients and cook for 1 minutes more.
3. Serve over brown jasmine rice.