



**PREP TIME : 10 MIN**

**COOK TIME : 15 MIN**

**SERVES : 4**

## ***Ingredients :***

- ***1 Tbsp. (15 mL) vegetable oil***
- ***1 medium onion, finely chopped***
- ***2 garlic cloves, minced***
- ***1 tsp. (5 mL) minced ginger root***
- ***1 Tbsp. (15 mL) sesame seeds***
- ***1 head of broccoli, cut into small florets***
- ***1 red pepper, cut into strips***
- ***1 cup (250 mL) mushrooms, quartered***
- ***1/2 cup (125 mL) VH<sup>®</sup> Pineapple Cooking Sauce***
- ***2 Tbsp. (30 mL) VH<sup>®</sup> Reduced Sodium Soya Sauce***

## ***Directions :***

- 1. In a wok or large frying pan, heat vegetable oil over high heat and stir-fry onions, for 4 minutes. Add garlic, ginger and sesame seeds, cook for 1 minute longer.***
- 2. Add broccoli, peppers and mushrooms and stir-fry for 5 minutes, stirring frequently.***
- 3. Add the VH<sup>®</sup> Pineapple Sauce and the VH<sup>®</sup> Reduced Sodium Soya Sauce and stir well.***
- 4. Cook until broccoli is tender, about 5 minutes. Serve hot.***

***This is a great side dish for chicken or turkey. Great served with rice as a vegetarian meal.***