

# QUICK STIR-FRIED VEGGIES WITH TOASTED MUSTARD, CUMIN, AND GINGER



I love making lots of veggies at once and eating them all week.

These Quick Stir-Fried Veggies with Toasted Mustard, Cumin, and Ginger are delicious with Indian, Chinese, Japanese, and simply spiced main dishes.

They're fabulous when paired with fish and stuffed into tacos, or rolled up into steamed collards or Bibb lettuce with some cashew cream!

## INGREDIENTS

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- 1 tablespoon extra-virgin coconut oil
- 1 teaspoon yellow or brown mustard seeds
- 1 teaspoon cumin seeds
- 2 teaspoons minced ginger
- 1 teaspoon minced garlic
- 1/2 head cauliflower, chopped to 1/2" pieces sea salt and freshly ground pepper to taste
- 1/4 cup water
- 1 sliced zucchini
- 1 sliced yellow squashlemon and cilantro to taste

## DIRECTIONS

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1. In a large cast-iron pan, heat the coconut oil over medium-high heat and add the mustard seeds and cumin seeds until sizzling.
2. Add the ginger and garlic for 10 seconds and then drop in the cauliflower. Stir until the spices and aromatics coat the cauliflower and season with salt and pepper to taste. Add the water and stir to deglaze. Add a lid for 5 minutes to steam the cauliflower.
3. Add the zucchini and squash slices and cook for about 3 to 5 minutes until soft. Season with salt, lemon, and cilantro to taste.