

Sauté chayote squash and vegetables

TIME: 15 MINUTES
PORTIONS: 4



INGREDIENTS:

- 2 chayote squash peeled and cut into slices
- 1 carrots peeled and cut into slices
- 1 garlic bulb
- 4 chinese cabbage leaves 200 grams
- 200 grams of cut mushrooms
- 100 ml sesame oil
- 100 grams sprout beans
- 200 ml soy sauce
- 1 red pepper in slices

Preparation

- Cut the vegetables in slices: chayote squash, carrots, garlic, chinese cabbage leaves, and pimienta.
- Cut the mushrooms in rows, and heat sesame oil in a wok pan and add the vegetables. Raise the heat, while consistently moving them. Pour soy sauce into the pan and add the mushrooms and sprouted beans.
- Cook for 2 to 3 minutes while constantly moving the vegetables for them to properly cook.

