

STIR-FRY OF VEGA SHAWARMA, DUTCH STIR-FRY VEGETABLES & TERIYAKI

4 persons / 512 kcal per person

Ingredients

- 300 grams white rice
- 3 spring onions
- 1 tablespoon of sesame oil
- 350 grams of vegetarian shawarma
- 800 grams of chilled Dutch stir-fry vegetables, sweet pointed pepper, green beans
- 100 ml teriyaki wok sauce
- 2 tablespoons of soy sauce
- 1 tablespoon of white sesame seeds
- salt



Preparation:

Roast the sesame seeds in a dry frying pan until brown. Cook the rice according to the directions on the package. Meanwhile cut the spring onions into thin rings. Heat the oil in a wok or frying pan over high heat and fry the shawarma for 1 minute. Add the stir-fry vegetables, teriyaki wok sauce and soy sauce and fry for 8 minutes. Add the spring onion and fry 1 minute more. Serve the stir-fry with the rice. Sprinkle with the sesame seeds.

Nutritional value per person:

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| Energy: | 512 kcal |
| Protein: | 23.5 grams |
| Carbohydrates: | 74.7 grams |
| - including sugars: | 8.9 grams |
| Fat: | 10.9 grams |
| Fiber: | 10.2 grams |
| Salt: | 3.6 grams |