



# B.PRO

## Fresh vegetable stir-fry

### Ingredients:

1 kg fresh peas  
 1 medium cauliflower or broccoli  
 500 g organic carrots  
 500 g kohlrabi  
 Fresh mushrooms, mangetout if desired  
 6 organic eggs  
 1 small bunch of parsley  
 1 small bunch of chives  
 1 medium onion  
 2 tbsp butter  
 100 g sour cream  
 Sea salt, pepper  
 Herbs for garnishing and seasoning

### Accessories:

Bain-marie  
 Induction wok  
 Multi-element

### Preparation:

Shell, wash and drain the peas. Wash the cauliflower and separate into small florets. Peel the carrots and cut into diagonal slices. Peel the kohlrabi and cut into strips of approx. 1 cm.  
 Briefly blanch the vegetables in boiling salt water.  
 Soft boil the eggs for approx. 7-8 min.  
 Wash the herbs and pat dry. Slice the chives into thin rolls and finely chop the parsley.  
 Peel the onions and finely dice. Heat the oil in the wok and sweat the onions.  
 Drain the blanched vegetables.  
 Keep the vegetable stock. Add the vegetables to the onions in the wok and toss.  
 Deglaze with 5 tbsp vegetable stock. Stir in the sour cream. Season with salt and pepper.  
 Arrange the vegetables on plates and top with the peeled and halved eggs. Garnish with herbs.

### Notes:

The use of the front cooking station starts after the vegetables are blanched.

Preparation time: approx. 30 mins / difficulty level: easy / calories p.p.: approx 380

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761 g CO<sub>2</sub> per portion

52 % LESS CO<sub>2</sub> than the average when preparing this recipe.

More info on this recipe at Eaternity: [www.eaternity.org](http://www.eaternity.org)