

Bacon, Broccoli and Mushroom Stir-Fry

Serves: 4 Prep time: 20 minutes



KETO

150 g diced bacon
1 small onion, chopped
1 large head broccoli, broken into small florets
150 g baby portabellini mushrooms, sliced
2 tsp grated ginger
1 clove garlic, crushed
¼ tsp dried chilli flakes
¼ cup vegetable stock
2 Tbsp rice vinegar
2 Tbsp soy sauce
1 Tbsp toasted sesame seeds
½ cup salted cashew nuts, roughly chopped

- 1 Sauté the diced bacon in a large pan over high heat.
- 2 As soon as the bacon begins to brown, add the onion and sauté until the onion turns slightly transparent.
- 3 Add the broccoli florets, mushrooms, ginger, garlic and chilli flakes.
- 4 When the broccoli turns bright green, add the vegetable stock and stir until the liquid has absorbed, then add the rice vinegar and soy sauce and simmer for about 2 minutes.
- 5 Garnish with the sesame seeds and cashews before serving.

