

## Summer Garden Veggie Mix

You can use any veggies you like, just chop them small so they cook. This whole dish will take around 15mins to make so is a real winner when time is of the essence.

Serve on a bed of green veg....steamed broccoli, spinach, Swiss chard, cabbage...whatever you fancy.

Protein wise you could add some tofu on the side of the plate or scrambled egg, boiled egg.

Or if you have some mung beans already cooked, you could add them into the mixture.

Serves 2

2 Handfuls of runner beans - slice thinly and short, about an inch

1 corn on the cob - slice all the kernels off

4 large tomatoes - quartered

20 olives

2 chillis

1tsp cumin seeds

1 tsp black mustard seeds

1 tbsp ghee....homemade (you could use coconut oil or olive oil)

1 tsp miso paste

Water

Salt and Pepper

In a saucepan melt the ghee and add cumin, mustard and chopped chilli.

Cook until the mustard seeds begin to pop.

Add the beans and corn. Cook, stirring for a couple of minutes. You may need to add a little water to avoid sticking as the starch comes out of the corn.

Add the tomatoes and olives.

When the tomatoes have cooked, add the miso and seasoning and just enough water to moisten it all but without making it runny.

Check the beans are still slightly al dente and that's it...serve.

You could add peppers or even radish to give another splash of colour.

Have fun with it!