Dinner, Indian

Sizzling Cheesy Veggie and Baked Beans Stir Fry

Sliced onions, capsicum and cabbage are pan-tossed with baked beans, then melted grated mozzarella cheese and low fat milk turn it into a warm, cheesy mixture with a natural sweetness from the vegetables and beans, finished with a scattering of spring onions.



Vegetarian | Nut free

25 min	63	7.8 g	2.5 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 tsp low fat butter
- [ ] 1/2 cup sliced onions
- [ ] 1/2 cup thinly sliced capsicum
- [ ] 1/2 cup thinly sliced cabbage
- [ ] 1/4 cup baked beans (canned) (readily available in the market)
- [ ] 2 tbsp grated mozzarella cheese
- [ ] 1/4 cup low fat milk (whole Buffalo, 6.5% fat)
- [ ] salt (namak) and to taste
- [ ] 1/2 cup finely chopped spring onions (with the greens)

Method

- [ ] 1 Keep in mind that the onions, capsicum, cabbage, baked beans and milk all lend natural sweetness to this dish, so it is best enjoyed occasionally and in modest portions as a treat rather than part of an everyday menu.
- [ ] 2 Melt the low fat butter in a non-stick pan over a medium flame, tip in the sliced onions and keep stirring until they turn translucent.
- [ ] 3 Stir the capsicum and cabbage into the pan and cook on a medium flame for 2 to 3 minutes, giving everything a regular stir.
- [ ] 4 Fold in the baked beans, mix well and let the mixture simmer gently for another 2 minutes.
- [ ] 5 Scatter in the grated mozzarella cheese, pour in the low fat milk, season with salt, stir everything together and bring to the boil, stirring once as it heats, then set aside.
- [ ] 6 Pile the warm vegetable mixture onto a large serving plate and spread it out evenly.
- [ ] 7 Scatter the spring onions over the top and serve straight away.

Nutrition Facts

Per serving

Calories	**63**
Total fat	2.2 g
Saturated fat	Not listed
Sodium	119 mg
Total carbs	7.8 g
Fiber	2.6 g
Total sugars	2.5 g
Protein	2.9 g

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