Vegetable Stir Fry

Ingredients:

6 cups mixed vegetables (bell peppers, broccoli, carrots, snap peas and mushrooms) sliced or chopped.

4 cloves garlic, minced

2 tablespoons vegetable oil

4 tablespoons soy sauce

5 large eggs

2 tablespoons oyster sauce (optional)

0.5 teaspoons sesame oil (optional)

Salt and pepper to taste

1. Wash, peel and chop/slice the vegetables of your choice into bite-sized pieces.
2. In a small bowl, mix together the soy sauce, oyster sauce, sesame oil, minced garlic, salt and pepper. Set this sauce aside.
3. Heat a large skillet or wok over high heat. Add 2 tablespoons of vegetable oil.
4. Add the mixed vegetables to the hot skillet. Stir fry them for 4-6 minutes or until they are tender-crisp and slightly charred.
5. Pour the stir-fry sauce over the vegetables and toss to coat them evenly. Cook for an additional 1-2 minutes allowing the sauce to thicken slightly.
6. While the vegetables are cooking, crack the eggs into the hot skillet one at a time, keeping the yolks intact. Season each egg with a pinch of salt and pepper.
7. Fry the eggs until the whites are set and yolks well done.
8. Plate the vegetable stir-fry and top each serving with a fried egg.
9. Optionally garnish with extra soy sauce, sesame seeds or chopped green onions.
10. Serve with quinoa or rice.