



Sometimes, less is more. And for my garlic broccoli and carrot stirfry, the simplest flavors hit the spot!!!



## Ingredients

700g of broccoli

8 cloves of garlic

2 carrots

1 sprig of rosemary

1 red onion

Salt and pepper to taste

## Method

Begin by preparing blanching both the carrots and broccoli, separately though. Once blanched and ready, set aside.

In a separate sufuria, sautee the onion, garlic and the rosemary until softened and fragrant. Once that is done, toss on the blanched vegetables and you are done!



SERVE WITH: any starch and meaty side you love

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This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/mala-marinated-kuku-choma-with-a-mango-habanero-bbq-sauce/>

Video: <https://youtu.be/ye5fW5RqWnY>