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Wok-fried vegetables with hazelnuts

Ingrediënten

- 2 tablespoons of red palm oil
- 1 tablespoon of Raz-el-Hanout (herb mixture)
- 1 large sweet potato, peeled and diced
- 500 grams of Brussels sprouts,
- cauliflower or fennel, ...
- 300 ml of vegetable stock
- 100 g hazelnuts

Extra info

Recept geschikt voor:

4 personen

Moeilijkheid:

Vorbereidingstijd:

minuten

Bereidingstijd:

20 minuten

Totale bereiding:

20 minuten

Gebruikte producten

De **Amanprana producten** die gebruikt zijn bij het maken van wok-fried vegetables with hazelnuts

Bereiding

Roast the hazelnuts in a dry frying pan till they are golden-brown. Use your sprouts, steam them first. Heat the red palm oil in your wok, fry the herbs, add the vegetables and stir-fry. Add the vegetable stock and let the vegetables sit a while longer. Turn over a few times until they are done. Sprinkle hazelnuts and turn over. Delicious with rice, quinoa and pasta.

Speciale wensen

- [Vegetarian](#)
- [Gluten free](#)
- [Vegan](#)