



## ACHA/FONIO MUSHROOM VEGETABLE STIR FRY (CARB CONCIOUS)

### Ingredients

- cups fonio
- tbsp vegetable oil
- g Mushroom
- Cloves Garlic (Chopped)
- Small Ginger (Chopped)
- tsp Black Pepper powder
- Medium Carrot (Diced)
- Medium Onion (Chopped)
- Medium Red bell Pepper
- Medium Red bell pepper
- tsp Oregano
- Tablet MAGGI Shrimp
- mL Water

### Instruction

1. Pour 250ml water into a saucepan over medium heat, then add 1/2 MAGGI shrimp tablet and bring to a boil. Add the fonio, stir and let it absorb the water on low heat for 5 minutes, then take off the heat and set aside.
2. Heat vegetable oil in a wok over medium heat, then add the mushrooms, garlic, ginger, oregano and MAGGI shrimp tablet. Stir and let cook through for 3 minutes. Add the carrot, sauté for a minute, then add the sliced onion and sauté for another minute. Add the cooked fonio, toss to mix and add the diced red and green bell peppers. Toss again to mix well.
3. Mushroom fonio veg stir-fry ready to serve

### Nutrition

Carbohydrates	36,67 g
Energy	227,57 kcal
Total fat	6,68 g
Fiber	3,26 g
Protein	6,56 g
Saturated Fats	0,57 g
Sodium	81,9 mg
Sugars	4,26 g

13 Minutes

6