



## Mixed sautéed vegetables



*Categoria*  
Vegetariano



*Tempo de preparação*  
Rápido



*Dificuldade*  
Fácil



*Custo*  
Low



*Com quem?*  
With family



*Nº de pessoas*  
4 pessoas

### Ingredientes

 100ml of Gallo Extra Virgin

- 600g of mix of frozen vegetables (carrots, peas, cauliflower, broccoli...)
- 1 garlic clove
- Coarse salt, to taste

### Method of preparation

1

Heat the water, add salt and a drizzle of Gallo Extra Virgin Olive Oil.

2

When it starts to boil, add the vegetables.

3

Remove them with a skimmer and sauté them with the rest of the Gallo Extra Virgin Olive Oil, previously heated up with the crushed garlic cloves.

### Produtos utilizados



*Extra Virgin*  
Extra Virgin Olive Oil



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