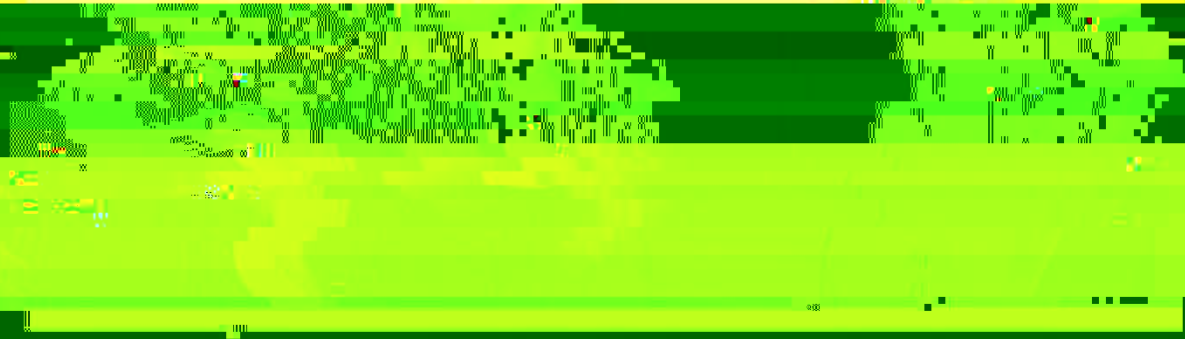


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# Spring Vegetable Sauté

Prep Time: 15 minutes

Cooking Time: 10 minutes

Serves: 4

Difficulty: Easy

Category: Side Dish

Season: Spring

Keywords: Spring, Vegetables, Sauté

Ingredients: Asparagus, Broccoli, Carrots, Peas, Onions, Garlic, Olive Oil, Salt, Pepper

Instructions: 1. Wash and chop vegetables. 2. Heat oil in a pan. 3. Add onions and garlic. 4. Add carrots and cook. 5. Add broccoli and peas. 6. Add asparagus. 7. Season with salt and pepper. 8. Cook until vegetables are tender. 9. Serve hot.

Notes: This recipe is suitable for vegetarians. You can substitute other vegetables like zucchini or mushrooms.

Author: Chef's Kitchen

Published: 2023-03-15

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