



Buttered Vegetables

Ingredients

- 4 cloves Garlic
- 3 tbsp Butter
- 0.75 cup Carrot
- 0.75 cup Raw Green Soybean
- 0.75 cup Broccoli Florets
- 0.75 cup Cauliflower
- 0.75 cup Corn Grain
- 1 sachet MAGGI® Magic Sarap® 8g
- 12 pcs Quail Egg

Instruction

1. Sauté garlic in butter until golden brown.
2. Add carrots, green beans, broccoli, cauliflower and corn. Season with MAGGI® Magic Sarap®. Cook for 2 minutes.
3. Add quail eggs. Transfer on a serving plate and serve immediately.

Nutrition

Carbohydrates	23.88 g
Energy	226.18 kcal
Fats	11.13 g
Protein	10.02 g

45 Minutes

6 4-6 Servings