

# Vegetables



## Ingredients

- 2 carrots
- ½ head broccoli
- ½ cauliflower
- 50g mange tout, optional

## Equipment



## Method

1. Wash all the vegetables.
2. Peel and slice the carrots.
3. Remove the green leaves and hard stalk from the broccoli and cauliflower and cut into florets.
4. Place all the vegetables into a colander over a saucepan of boiling water with a plate over the top.
5. Allow to steam for 10 minutes.
6. Serve.

## Top Tips

- In a rush? Then instead of steaming the veg, do them in the microwave. Put them in a microwaveable dish, cover with cling film, pierce the film and cook on high for 2-3 minutes.
- Vary the selection of vegetables to give a colourful mix at any time of the year.
- Use a mixture of fresh, frozen and canned vegetables throughout the year for variety.
- Check out what is in season.

Crispy vegetables taste better and retain more vitamins!



## Skills

- Preparing a selection of vegetables ✓
- Using a vegetable peeler ✓
- Using a knife ✓
- Using the hob ✓

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