

Steamed vegetables

Ingredients

Serves 4

1 kumara, sliced into 2-3cm pieces

1 cup bite-size pieces cauliflower

2 carrots, sliced into 2-3cm pieces

1 cup bite-size pieces broccoli

2 courgettes, sliced into 2-3cm pieces

Method






1. Half fill a large saucepan with water. Place a colander over saucepan and check that the water does not touch the colander.
2. Bring the water to a boil over high heat.
3. When steam starts to emerge from the pot, reduce the heat to medium.
4. Add the vegetables to the colander according to their steaming times:
 - Start with the kumara as it has the longest cook time, cover with the lid and steam for 3 minutes.
 - Then add the cauliflower, cover with the lid and steam for 2 minutes.
 - Add the carrots and broccoli, cover with the lid and steam for 2 minutes.
 - Lastly add the courgettes, cover with the lid and steam for 3 minutes.
5. Remove from heat carefully. Spoon vegetables into a dish and serve.

Serving suggestions

- Season with pepper.
- Add cheese sauce.



Equipment

-  Colander, steamer basket or sieve
-  Cutting board and knife
-  Large saucepan with lid
-  Measuring cups
-  Serving spoon

Preparation and cooking skills

Boil, slice, steam.

Recommended steaming times

Kumara, 2-3cm pieces	10 min
Cauliflower, bite-size pieces	7 min
Carrots, 2-3cm pieces	5 min
Broccoli, bite-size pieces	5 min
Courgettes, 2-3cm pieces	3 min