# Vegetables

#### Ingredients

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



#### Equipment

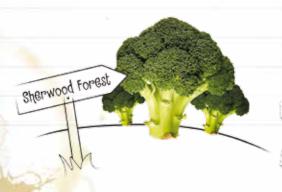


#### Method

- 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.



### Skills



Preparing a selection of vegetables

Using a vegetable peeler

Using a knife

Using the hob

## 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.