

Steamed Vegetables

Prep time: 5 minutes Cooking time: 5 minutes



Simple Salad

Prep time: 20 minutes Cooking time: 0 minutes



Ingredients

Selection of vegetables for example carrots (sliced), green beans, cauliflower/broccoli (broken into florets), spinach



Ingredients

½ lettuce, chopped
4 tomatoes, quartered or sliced
¼ cucumber, sliced
½ red pepper and ½ yellow pepper
½ red onion, peeled and sliced
1 x 200g/ 7oz tin of sweetcorn
1 carrot, grated
2 beetroots, sliced



Method.

- Wash, peel and prepare your vegetables of choice
- Put all the vegetables in a microwavable bowl along with 1 tablespoon of water
- Cover the bowl with cling film leaving an edge turned up
- Heat the vegetables in the microwave for 5 minutes
If they need longer, continue in 1 minute intervals
- Remove the cling film and serve

Tip!

Steamed vegetables are a great accompaniment to main meals such as lasagne, chilli, curry, stew and cottage/fish pie.



Method.

- Wash all the vegetables
- Prepare all vegetables, de-seeding peppers
- Mix together in a bowl and serve

Tip!

This salad is a great accompaniment to lasagne, pizza, mega pasta bake, veggie burgers, fishcakes and jacket potatoes.

