



INSTRUCTION CARD - STEAMING VEGETABLES

MICROWAVE METHOD (SERVES 4)

INGREDIENTS:

300g
vegetables of
your choice
¼ cup water

UTENSILS:

Clean paper towel or cloth	Knife	Tongs
Peeler	Microwave-safe dish	Strainer
Chopping board	Measuring cup	Bowls/plates
	Lid for microwave-safe dish or cling wrap	

METHOD:

1. Wash and dry the vegetables thoroughly. To do this rinse vegetables well with cool water, being sure to remove any dirt or residue. Pat dry using a clean paper towel or cloth.
2. Peel (optional – see note below) and chop vegetables into similar sized pieces so all vegetables will be cooked at the same time.
3. Using a shallow and wide microwave-safe dish, spread the vegetables in single layer across the base of the dish (keep the largest part of the vegetable facing towards the outside of the dish).
4. Pour ¼ cup of water over the vegetables. This will turn into steam in the microwave, which helps to cook the vegetables evenly.
5. Cover the dish with a lid or cling wrap and microwave for 1½ minutes. Take the dish out of the microwave and, using tongs, turn the vegetables over to ensure they cook evenly.
6. Microwave the vegetables for another 1½ to 2 minutes or until the vegetables are soft and easily cut through with a knife.
7. Carefully drain the vegetables.
8. Distribute the cooked vegetables evenly into four bowls or plates and serve as desired.

NOTE – Keeping the skin on vegetables such as carrots and potatoes improves dietary fibre intake as well as increasing other important nutrients such as vitamins and minerals. It also reduces the amount of food waste.



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