



INSTRUCTION CARD - STEAMING VEGETABLES

STOVE TOP METHOD (SERVES 4)

INGREDIENTS:

300g vegetables of your choice

Water

UTENSILS:

Clean paper towel or cloth

Peeler

Chopping board
Knife

Saucepan with lid

Bowls/plates

Steamer basket or colander (must be metal & heatproof)

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. Place 2–3 cm of water in bottom of saucepan and insert steamer basket or colander into the saucepan (the surface of the water should be lower than the basket for steaming – pour out some water if needed).
4. Bring water to the boil. The water is ready when rolling waves of bubbles are visible as well as steam.
5. Place vegetables into the steamer basket/colander, add thicker vegetables first (e.g. carrots and potatoes), then cover with a lid and reduce heat to medium.
6. Check the vegetables after 10 minutes and add the remaining lighter vegetables (e.g. cauliflower and broccoli), as they require less time to cook (5 to 7 minutes) compared to thicker vegetables (8 to 20 minutes). Cook for a further 5 to 10 minutes.
7. Check the vegetables are cooked by piercing the thickest part with a knife – if the knife slides through evenly, the vegetables are cooked.
8. Turn off the heat and remove the steamer basket to stop the cooking process (NOTE: the vegetables will finish cooking with the residual heat).
9. 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



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