



## THE FOUR ESSENTIAL VEGETABLE RECIPES

Preparation time: 4 minutes | Cooking time: 5 minutes | Serves: 4

- |   |                                 |
|---|---------------------------------|
| 4 large carrots, peeled and cut into batons     | juice of ½ lemon                |
| 2 tbsp pure maple syrup                         | 2 cups peas                     |
| 1 tbsp unsalted butter                          | 1 tbsp mint jelly               |
| juice of ½ lime                                 | 2 tbsp flaked almonds, toasted  |
| 1 tbsp toasted sesame seeds                     | 2 cups green beans              |
| sea salt flakes and freshly-milled black pepper | 1 tbsp aioli                    |
| 1 head broccoli, chopped                        | ¼ cup roasted capsicums, sliced |
| ½ bunch dill, finely chopped                    | ¼ bunch parsley leaves, chopped |
| 2 cloves garlic, minced                         |                                 |
| 1 tbsp extra virgin olive oil                   |                                 |

- Place the carrots in a **Microsafe® Vegetable Steamer with rack** with ½ cup cold water and microwave on high power for 4 minutes with lid on and vent open. Drain, then toss with the maple syrup, butter, lime juice and sesame seeds. Season with salt and pepper.
- Put the broccoli pieces in a **Microsafe® Vegetable Steamer with rack** with ½ cup cold water and microwave on high power for 5 minutes with lid on and vent open. Drain, then toss with the dill, garlic, olive oil and lemon juice. Season with salt and pepper.
- Combine the peas and ½ cup cold water in a **Microsafe® Vegetable Steamer with rack** and microwave on high power for 4 minutes with lid on and vent open. Drain, then toss with the mint jelly, then scatter with almonds. Season with salt.
- Place the beans in a **Microsafe® Vegetable Steamer with rack** with ½ cup cold water and microwave on high power for 4 minutes with lid on and vent open. Drain well, then toss with the aioli, capsicums and parsley.



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