



THE FOUR ESSENTIAL VEGETABLE RECIPES

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

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| 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 | |

1. 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.
2. 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.
3. 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.
4. 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.

Recipe developed by **roughcut.studio**



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