

# easy steam<sup>TM</sup>

*Light & healthy quick cooking!*

## Follow these simple steps for steaming vegetables

**1** Add ½ cup of water to steamer and place rack inside.  
Add vegetables.

**2** Put lid on and open vent. Microwave according to recommended cooking times below:

<b>PEAS</b>	<b>BEANS</b>	<b>CARROTS</b>	<b>ZUCCHINI</b>
4 minutes	4 minutes	4 minutes	5 minutes
<b>BROCCOLI</b>	<b>CORN</b>	<b>CAULIFLOWER</b>	<b>POTATOES</b>
5 minutes	6 minutes	7 minutes	8 minutes

COOKING GUIDELINES AND RECIPES ARE BASED ON A 1000W MICROWAVE OVEN

### WARNING

Overheating of foods high in oil, fats or sugar may cause the product to melt. Heating of any such substances must be carefully monitored (e.g. checked every 30 seconds) and such substances should not be further heated once melted. **IF THIS PRODUCT MELTS WITH HOT CONTENTS, THERE MAY BE A RISK OF BURN INJURY.**

Decor is a registered trade mark & Microsafe is a trade mark of The Decor Corporation Pty. Ltd., Melbourne, Australia. Des. Reg. © 2018

*easy  
recipes*

Find recipes at [decor.com.au](http://decor.com.au)