

Mixed steamed vegetables *(Side dishes)*



Preparation

In a saucepan equipped for steaming vegetables, bring 2 litres of water to the boil, insert the steaming basket on which is arranged the cauliflower in the centre and the remaining coarsely chopped vegetables at the sides. Sprinkle with salt and pepper. Cover the steamer with a the lid and cook for 20 minutes.

Tips

If you want to cook various kinds of steamed vegetables simultaneously, bear in mind that they may have different cooking times. If you have a multi-storey steamer, put the vegetables that need longer cooking times below those that need less. If you have a single basket, add the vegetables one by one, according to the cooking time. Start, for example, with potatoes and carrots, then peas, and then finally add the courgettes and asparagus.

Trivia

There are no vegetables that do not lend themselves to steaming! However, we don't advise the method for recipes involving cheese and red meat which require different methods of cooking!

Information

Preparation 30 minutes

Total Time 20 minutes

Serves X Serves 2 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Cauliflower (Half a cauliflower)

Courgettes (Two courgettes)

Carrots (Two carrots)

Extra virgin olive oil ('diet')

Salt

Pepper

Peas 300 grams (Fresh from the pod)