

## **Recipe and Method**

---

### **DISH – STEAMED VEG**

#### **Ingredients**

Cauliflower

Broccoli

Carrot

Salt

#### **Storage and heating guidelines-**

Keep refrigerated, consume by use by date, suitable for home freezing, freeze on day of purchase and consume on day of defrosting.

Heat in microwave on full power until piping hot, loosen lid before heating.