

Steamed vegetables - Feeds 2 adults



Ingredients

Vegetables



1 cup
broccoli



1 cup
cabbage



1/2 cup
tomato



1 cup
peas



2 tablespoons cheese



1 tablespoon plain flour



1/4 teaspoon mixed Italian herbs



1 tablespoon
vinegar



1/2 cup milk



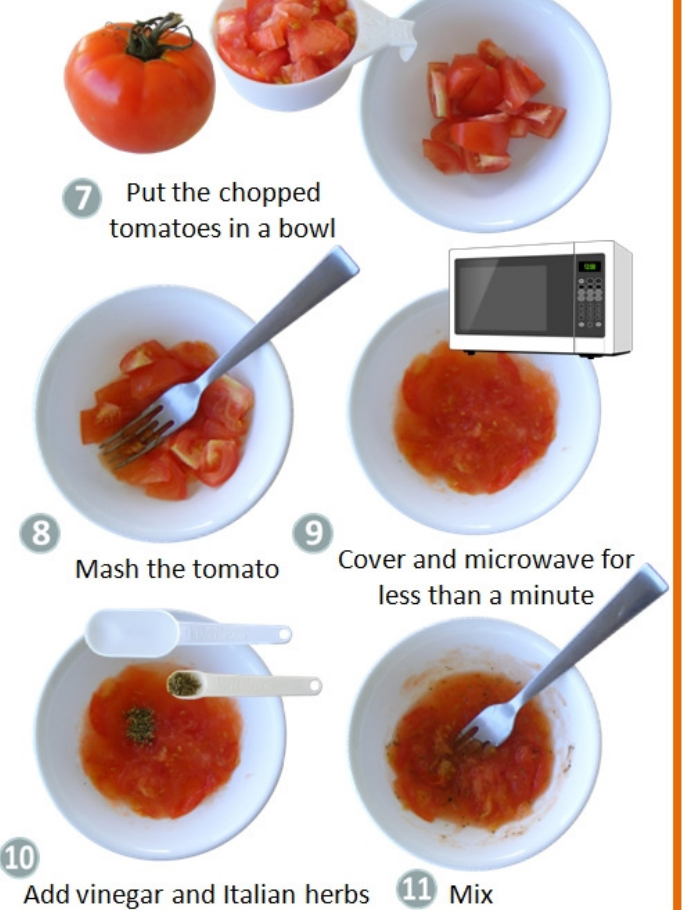
Equipment



Cheese sauce



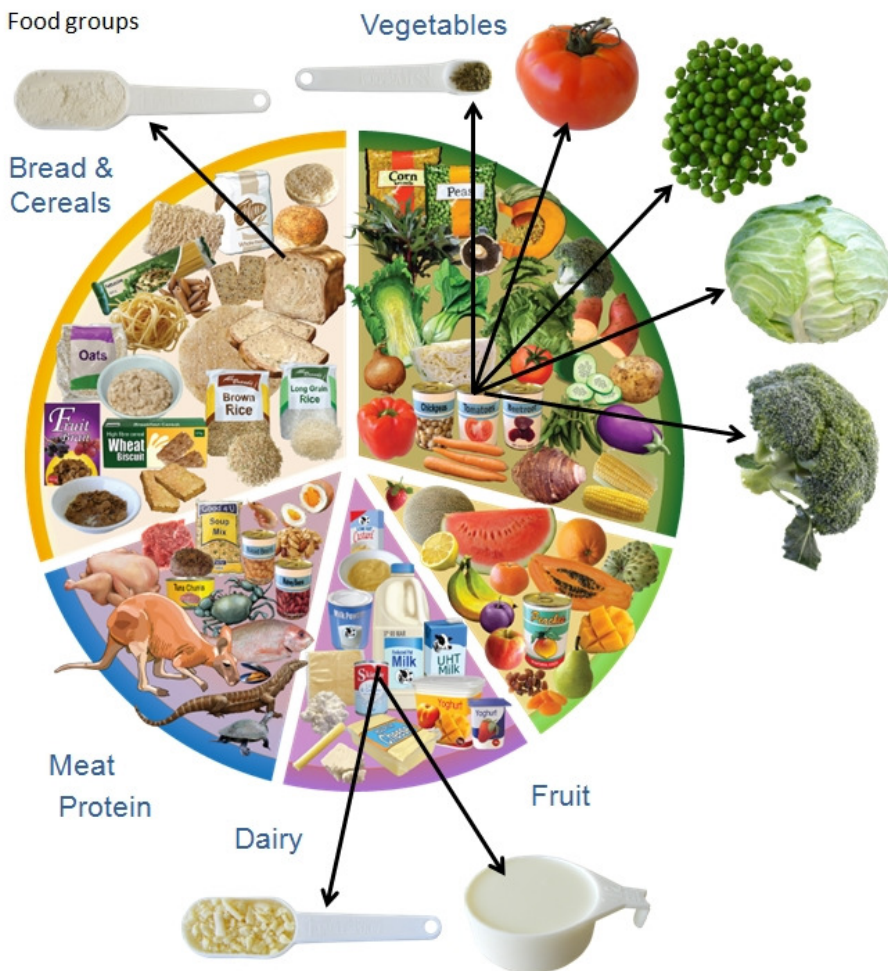
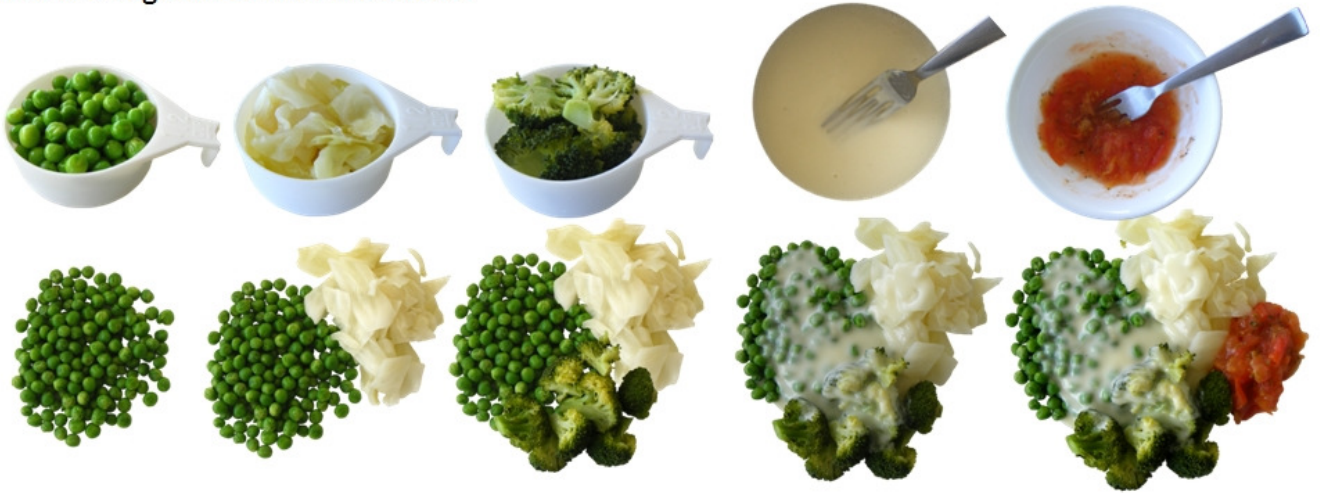
Tomato sauce



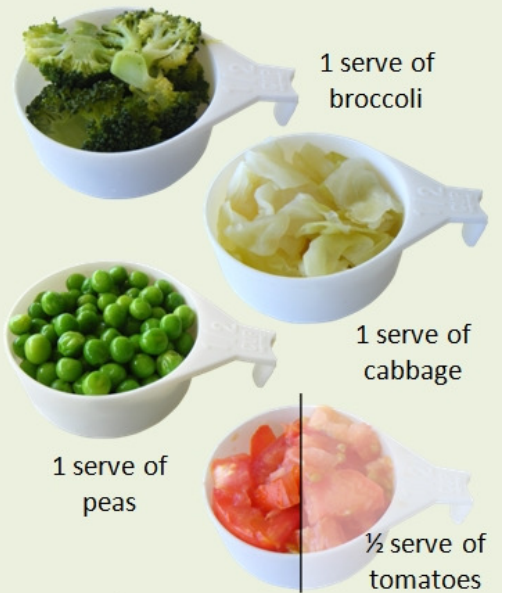
12 Steam the vegetables



13 Serve the vegetables with the sauces



Serves in one meal of steamed vegetables
Vegetables – Total 3½ serves



There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must use your own professional judgement when using this resource

Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions that aim to develop basic cooking and food preparation skills.

Key skills:

This resource could be used to support development of the following key cooking and food preparation skills:

- safe food handling
- safe knife handling
- safe hand washing techniques
- keeping a clean and tidy work area

Target group:

This resource is designed to be used by Australians of all ages.

Notes:

This resource is designed to be printed A3 size and then laminated, so that it can be used by participants at their cooking stations.

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