

# Sautéed Vegetables

Using our carrots & courgettes you can make a delicious veggie side dish!

## Cooking Instructions

### Steam

- 1) Remove all packaging.
- 2) Place vegetables in a steamer.
- 3) Steam for 7 minutes or until tender.

### Hob

- 1) Remove all packaging.
- 2) Place in a pan of boiling water.
- 3) Cover and bring to the boil.
- 4) Reduce heat and simmer for 5-6 minutes or until tender.
- 5) Drain well before serving.

## Sautéed Vegetables

Ingredients:

- 2 TBSP olive oil
- Smiley's Home Foods sliced onions
- 2 garlic cloves, crushed
- salt & pepper

Heat 2 tablespoons of olive oil in a large frying pan over medium heat. Add sliced onions and allow to cook until soft for about 5 minutes. Add garlic and cook for about 1 minute. Add the cooked vegetables and toss thoroughly in the olive oil. Season generously with salt and pepper and serve immediately.

## Cooking Precautions

Remove all packaging.

