



A MEDLEY OF STEAMED VEGETABLES

(SERVES 4)

INGREDIENTS

Lake Crystal Salt

500g mixed baby vegetables, e.g. carrots,
courgettes, sweetcorn , mange tout
Extra Virgin olive oil



METHOD

- Wash the vegetables.
- Prepare a steamer over a pan of boiling water.
- Add no salt to the water.
- Put the vegetables in the steamer and cook until tender, approx. 5-10 minutes.
- Place the vegetables into a warmed serving dish.
- Drizzle with olive oil.
- Sprinkle with the *Lake Crystal Salt*.
- Serve immediately.

A tablespoon of fresh chopped herbs such as oregano or thyme could also be added if liked.

Adding the salt at the end of cooking will lift the flavour of the vegetables.

Lake Crystal natural lake salt - an organically certified fine food salt developed for the food enthusiast, discerning cook and the health conscious consumer.