

Steamed spring vegetables with ginger & soy dressing



Steamed spring vegetables with ginger & soy dressing

Preparation: about 20 minutes
Cooking: about 10 minutes
Serves: 4 as a side dish

1 bunch asparagus, trimmed
1 small head broccoli, trimmed and cut into florets
150g snow peas, trimmed
150g sugar snap peas, trimmed

Ginger & soy dressing

1 tbs peanut oil
2 garlic cloves, finely chopped
2cm piece ginger, peeled and finely chopped
¼ cup salt reduced soy sauce
2 tbs mirin
1 tsp caster sugar
1 tsp sesame oil

1. To make ginger and soy dressing, heat oil in a frying pan over medium heat. Add garlic and ginger and cook for 1 minute. Add soy sauce, mirin, sugar and sesame oil. Stir to combine and bring to the boil. Reduce heat to low and simmer for 1 minute.
2. Meanwhile, place asparagus and broccoli in a steamer basket over a wok or large saucepan of simmering water. Cover and steam for 3 minutes. Add snow peas and sugar snap peas, cover and steam for 2–3 minutes until vegetables are just crisp.
3. Arrange steamed vegetables on a serving platter. Drizzle with warm ginger and soy dressing and serve immediately.



Broccoli

- One of the most nutritious of all vegetables with iron, potassium and a high content of vitamins, including vitamin C. The body needs this vitamin for healthy gums and connective tissue throughout the body.
- A good source of folate, one of the B complex vitamins that is important for heart health.