Steamed Greens

These quick and easy vegetables are on the table in less than 10 minutes

Serves: 1
Prep time: 5 Minutes
Cooking time: 6-8 Minutes

Ingredients:

- 1 bunch of bok choy or asian greens
- 4-6 green beans
- 4-6 sugar snap peas
- 1 small bunch broccolini

*__Optional__

- 1 tablespoon melted butter
- 1 tablespoon oyster sauce
- 1 teaspoon sesame seeds

Method:

- Add water to a medium saucepan and bring to boil over medium-high heat
- Add the vegetables to the steamer basket and place over the saucepan of boiling water, cover with lid and reduce heat
- Cook for 6-8 minutes or until just cooked and still crisp

***Optional:**

- Toss the vegetables in the butter
- Or drizzle with oyster sauce and sprinkle with sesame seeds

Note: Serve with your favourite protein