



Serves 4

Ingredients

100ml / 3¼froz vegetable stock
1 medium carrot
½ small swede
½ small celeriac
1 medium courgette
Herb marinade
Knob of butter
Sprig of fresh mint
Salt and freshly ground pepper

Method

Peel, wash and dice the vegetables into 1cm/½in cubes.

Pour the marinade into a wok and top up with water so a bamboo steamer sits over the water.

Place the carrots, swede and celeriac into the bottom of the steamer, cover and steam for 3-4 minutes.

Meanwhile melt the butter in a saucepan and add the mint, toss in the courgettes and season.

Place the courgette into the top basket, seasoned vegetables in the bottom basket and steam together for a further 2 minutes.

Pour the vegetable stock into a frying pan, heat and reduce. Remove the vegetables from the steamer and stir together.

To serve: spoon the vegetables into a metal ring on each plate. Pour over the vegetable stock and remove the ring