

Veg Cooking Cheat Sheet

NOTE: All roasting is done in an oven preheated to 180°C -200°C, except for the kale, unless it is added in the last 15 mins in a veg bake with the other veggies. Sprinkle all veg with olive oil and season with salt and pepper before roasting. You can also use hard herbs like rosemary or thyme to add flavour.

Spinach		Boiled (2-3 mins) Steamed (6 mins)
Kale		Boiled (3-5 mins) Steamed (5-7 mins) Roasted @110°C (20-40 mins)
		<p>Rub kale all over with a bit of oil, salt & pepper (and other spices if desired). You want it lightly covered with oil all over as this helps with crisping, but not so much that it's soggy.</p>
Cabbage		Steamed (8 mins) Roasted (30 mins)
Cauliflower		Boiled (10 mins) Steamed (15 mins) Roasted (25 mins)
		<p>Separate into large florets. In this case, roasting can be done at 220°C to give some colour to the florets and add a nice caramelisation flavour..</p>
Brussel Sprouts		Boiled (6 mins) Steamed (8 mins) Roasted (15-20 mins)
Broccoli		Boiled (5 mins) Steamed (7-10 mins) Roasted (15-20 mins)
		<p>Separate into large florets.</p>
Pumpkin/ Butternut		Boiled (15 mins) Roasted (40 mins) Steamed (40-60 mins)
		<p>Peel and cut into large chunks. You can leave the skin on when roasting as it is edible when cooked.</p>
Courgette		Boiled (5 mins) Steamed (6 mins) Roasted (10-15)
Potato		Boiled (10 mins) Steamed (20-30 mins) Roasted (40 mins)
		<p>Times are for whole baby potatoes or large potatoes cut into wedges. For a whole roast potato, rub with olive oil and salt and roast for about 1.5 hr in the oven.</p>
Sweet Potato		Boiled (15-20 mins) Steamed (20-30 mins) Roasted (30-40 mins)
		<p>Times are for sweet potatoes cut into wedges or chunks. For a whole sweet potato, rub with olive oil and salt and roast for about 1 hr in the oven.</p>
Beetroot		Roasted (20-25 mins) Steamed (30-40 mins) Boiled (30-40 mins)
		<p>Cut into wedges to roast/steam, and keep whole when boiling to retain the colour and flavour in the beet and avoid it getting watery.</p>
Carrot		Boiled (5-10 mins) Steamed (10-20 mins) Roasted (20-30 mins)
		<p>Times are for whole baby carrots or chopped big carrots.</p>
Asparagus		Steamed (6 mins) Roasted (10 mins)
Peas		Boiled (2 mins) Steamed (3 mins) Roasted (60 mins)
		<p>To roast, add peas to rest of veg around 15 mins before they are done.</p>
Green Beans		Boiled (6 mins) Steamed (7 mins) Roasted (20-25 mins)
Aubergine		BBQ/Griddle (10 mins each side) Roasted (15-30 mins)
		<p>Cooking time depends on how thin you cut/wedge/slice them.</p>

DISCLAIMER: Please note this is a basic cheatsheet and timings may vary depending on oven temps and vegetable sizes. Please use this as a guide only.