

# Steam Fried Vegetables

This is a great, simple way to cook vegetables. You can add any vegetables; spinach, rainbow chard, leeks, salad leaves, peas and carrots would all work. Green leafy vegetables are a good source of magnesium and calcium; both these minerals together support bones. Steaming enhances these nutrients as well. The coconut cream and olive oil are good sources of fat, supporting skin, brain and cellular health.



*Recipe by Nutritionist  
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## Ingredients (Serves 3-4)

1 tbsp. of olive oil  
1 clove of garlic, crushed or finely chopped  
250g Kale – leaves torn, stalks removed  
100g Cavolo Nero, chopped  
1 courgette, chopped into rounds  
1 head of broccoli – chopped  
1 tbsp. apple cider vinegar or lemon juice  
100 ml of vegetable stock  
1 tbsp. tamari sauce  
1 tbsp. coconut cream

## To make

1. Add oil to a large pot, add garlic and let it sit for 10 minutes.
2. Add all the veg.
3. Sauté at a low to medium heat for a few minutes until you hear a sizzle.
4. Add the vinegar, stock and tamari sauce.
5. Put on the lid, stir occasionally to make sure all the veg is cooking. After 5 minutes add the coconut cream. Cook for another 10 minutes with lid on. Delicious!

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