



## Grilled & Steamed Vegetables

### Ingredients:

- 3 mixed peppers cut into 3cm
- 3 baby aubergine cut into 3cm
- 3 courgette cut into 3cm
- 1 tbsp vegetable oil
- ¼ tsp black pepper
- ¼ tsp salt

### Steam:

- 100g kale
- 1 red onion thickly sliced

### Method:

1. Place the peppers, courgette and aubergine into a bowl.
2. Season with black pepper, salt and 1 tbsp vegetable oil.
3. In the meantime heat the griddle plate on the induction hob level 8.
4. Start with the mixed peppers first; they take a bit longer than the rest of the vegetables.
5. They should take 7-8 minutes, when cooked, place them in a warm dish
6. Place the sliced red onion in a steam dish and steam 100c for 5-10 minutes, then add the kale for 5 minutes.