

RECTANGULAR STEAMER

VEGETABLES

INGREDIENT	QUANTITY	COOKING DIRECTIONS	COOK TIME	MAKES
Asparagus, trimmed	½ bunch, ½ lb (250 g)	Cover; microwave on high.	3 min	2 servings
Broccoli florets	2 cups	Cover; microwave on high.	3 min	1 cup
Cauliflower florets	2 cups	Cover; microwave on high.	4 min	2 cups
Baby carrots	2 cups	Cover; microwave on high.	6 min	1½ cups
Baby potatoes	½ lb (225 g), about 8	Cover; microwave on high.	4-5 min	2 cups
Frozen mixed vegetables	2 cups	Cover; microwave on high, stirring half way.	3-4 min	1½ cups

SEAFOOD AND POULTRY

INGREDIENT	QUANTITY	COOKING DIRECTIONS	COOK TIME	SERVES
Salmon fillets (about 1" thick)	2 fillets, ½ lb (225 g)	Cover; microwave on high.	2 min; rest 1 min, then uncover.	2 servings
Frozen uncooked peeled shrimp	½ lb (225 g)	Cover; microwave on high, stirring half way.	3 min; rest 1 min, then uncover.	2 servings
White fish fillet, such as pollock, cod, halibut, or sole. If using frozen, defrost before cooking.	1 fillet, ¼ lb (113 g)	Cover; microwave on high.	2 min; rest 1 min, then uncover.	1 serving
Boneless, skinless chicken breast	1 breast, ½ lb (225 g)	Cover; microwave on high.	4 min; rest 1 min, then uncover.	2 servings

TIP: Season food with 1-2 tsp of your favourite Epicure blend before cooking.