

Tefal®

VEGGIE PAN

FOR HEALTHY AND DELICIOUS VEGETABLES

RETAIN UP TO
30%
MORE NUTRIENTS
& FLAVOUR*



UNIQUE THERMO-SPOT® THE IDEAL COOKING TEMPERATURE FOR VEGETABLES



1. START



Place the Veggie pan on your hob. Heat until the outer pattern, which is the heat indicator, turns green. This is the ideal cooking temperature [140°C].

2. REDUCE



Once the ThermoSpot has turned green, reduce the heat to a low temperature in order to retain the ideal cooking temperature.

3. ENJOY!



Enjoy delicious and nutritiously prepared vegetables.

GREEN SHAKSHUKA

Tefal®

INGREDIENTS

- Extra virgin olive oil
- 2 medium leeks (200g) washed and sliced
- 2 cloves of garlic finely chopped
- 250g spinach
- 150g frozen peas
- 100g asparagus roughly cut
- 1 tsp ground cumin
- Sea salt
- Freshly ground black pepper
- 15g chopped mint
- 20g chopped dill
- 20g chopped flat leaf parsley
- 6 medium eggs

TO SERVE

- Mint
- Dill
- Parsley
- Feta cheese
- Greek yoghurt
- Red chilli flakes
- Toasted pitta bread

METHOD

1. Heat your pan until the the Thermo-Spot turns green, then lower the temperature to a medium heat.
2. Add a splash of extra virgin olive oil to the pan and put in the sliced leeks. Saute for 5 minutes before adding in the cumin and garlic, then continue to cook for a couple of minutes.
3. Add the peas and asparagus, stir to combine all of the ingredients. Then start adding handfulls of spinach until it is all wilted down.
4. Stir in the chopped mint, dill and parsley and season with salt and pepper.

Make 6 holes within the mixture and drop an egg into each hole. Allow the eggs to cook for around 6 minutes until the whites are cooked but the yolks are nice and runny.

5. When the eggs are cooked, dollop on spoonfulls of yoghurt and crumbled feta cheese, torn mint, dill and parsley, a sprinkle of red chilli flakes and a drizzle of oil.

Serve with toasted pitta breads and enjoy.



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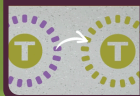
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VEGAN CURRY

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INGREDIENTS

- 1 tbsp coconut oil
- 1 sliced onion
- 2 crushed garlic cloves
- 1 thumb sized piece of chopped ginger
- 350g butternut squash cut into 1 inch cubes
- 200g cauliflower florets
- 350g fresh plum tomatoes
- 1 tin of chickpeas
- 1 tin of coconut milk
- 1 tsp turmeric
- 1 tsp cumin
- 1 tsp ground coriander
- 2 tsp curry powder
- 1 tsp black mustard seeds
- salt
- 2 handfuls of spinach
- fresh coriander

TO SERVE

- Brown basmati rice
- coconut yoghurt
- lime
- naan bread

METHOD

1. Heat your pan until the Thermo-Spot turns green, then lower the temperature to a medium heat.
2. Add a tbsp of coconut oil to the pan followed by the onions and ginger. Cook for 2 minutes, then add in the spices and continue to cook for a further 2 minutes.
3. Add the butternut squash and cauliflower florets and stir. Allow to cook for 3 minutes to take on some colour.
4. Roughly chop the plum tomatoes and add them to the pan. Cook until they start to break down, then add the coconut milk and simmer for about 20 minutes until the butternut squash is starting to soften. Once soft, add in the drained chickpeas and stir. Add some salt and check the seasoning.

5. When the vegetables are cooked, add in a good handful of spinach and some freshly chopped coriander.

Serve with brown basmati rice (cooked according to packet instructions) and a dollop of coconut yoghurt and a squeeze of lime.



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BALSAMIC GLAZED BABY CARROTS

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INGREDIENTS

- 400g baby rainbow carrots (orange baby carrots are fine if you cant find any)
- 1 tsp coriander seeds
- Thyme
- 75ml water
- 50ml balsamic vinegar
- 1 tsp light brown sugar

METHOD

1. Give your carrots a good wash and a scrub under cold water and trim off the green ends. Cut any thicker ones in half lengthways.

Heat your pan until the the Thermo-Spot turns green, then lower the temperature to a medium heat.

2. Add the carrots to the pan with a splash of olive oil. Put in 1 tsp of coriander seeds and cook for about 8 minutes depending on the size of your carrots so they start to char and take on some colour.

3. Carefully add 75 ml of water to the pan to steam the carrots, keep cooking until the water evaporates.

4. When the carrots are nearly cooked add the balsamic vinegar and sugar, and allow to reduce and become sticky. When it sticks to the carrots they are ready to serve, top with some fresh thyme and a drizzle of the balsamic glaze.

