

SIEMENS

Sous Vide Vegetables



Eggless

Yield
4 servings

Type
Savory

Function
Sous Vide

Temperature
**85 degrees
Celsius**

Time
45 min

Tray Level
3

Ingredients

- Carrots (peeled and sliced) - 100 gms
- Broccoli florets - 100 gms
- Zucchini (sliced) - 100 gms
- Red Bell Pepper (sliced) - 1
- Olive Oil - 2 tbsp
- Salt - to taste
- Crushed Black Pepper - 1 tsp
- Garlic (minced) - 1 tsp
- Fresh Thyme or Rosemary - a few sprigs
- Lemon Zest - 1 tsp (optional)

Procedure

1. Preheat the Steam combination Oven with Sous vide function to 85°C.
2. In a mixing bowl, combine all vegetables with olive oil, salt, pepper, garlic, and herbs.
3. Transfer the seasoned vegetables into a vacuum seal bag or zip-lock bag using the Vacuum Machine.
4. Seal the bag & put into steam combination oven
5. Cook for 45 minutes.
6. Once cooked, remove from the bag, and serve immediately or give a quick sauté for added texture.
7. Garnish with lemon zest before serving, if desired.