













vegetable	boiled	steamed	microwave
 asparagus	not recommended	8-10 min	2-4 min
 beetroot	30-60 min	40-60 min	9-12 min
 bok choy	stalks for 3 - 4 min leaves for 1 - ½ min	stalks for 6 min leaves for 2 - 3 min	2-4 min
 brussels sprouts	bring to boil and simmer for 5-7 min	8-10 min	4-6 min
 broccoli (cut into florets)	4-6 min	5-6 min	2-3 min
 cabbage (shredded)	5-10 min	5-8 min	5-6 min
 cauliflower	4-6 min	3-5 min	2-3 min
 carrots (sliced)	5-10 min	4-5 min	4-5 min
 corn on the cob	5-8 min	4-7 min	1 ½ - 2 min
 eggplant (sliced)	not recommended	4-5 min	2-3 min
 beans	6-8 min	5-8 min	3-4 min
 mushrooms	not recommended	4-5 min	2-3 min
 peas	8-12 min	4-5 min	2-3 min
 capsicum	not recommended	2-4 min	2-3 min
 potatoes (cut)	15-20 min	10-12 min	6-8 min
 spinach	2-5 min	5-6 min	1-2 min
 zucchini	3-5 min	4-6 min	2-3 min