

Preparation Tips

Get vegetables tasting their best!

	RAW		COOKED			
	Whole	Chopped/ sliced	Boiled/ steamed	Roasted/ grilled	Fried/ sautéed	Pickled
Artichoke heart			●	●	●	●
Asparagus			●	●	●	
Aubergine			●	●	●	
Beetroot		●	●	●	●	●
Broad beans			●			
Broccoli			●	●	●	
Brussels sprouts			●	●	●	
Butternut squash		●	●	●	●	
Cabbage		●	●	●	●	
Carrot	●	●	●	●	●	●
Cauliflower			●	●	●	●
Courgette		●	●	●	●	
Cucumber		●	●	●	●	●
Green beans			●	●	●	
Lettuce		●		●	●	
Leeks			●	●	●	
Mushroom				●	●	
Parsnip			●	●	●	
Peas			●			
Peppers		●		●	●	●
Spinach	●	●			●	
Sweet Potato			●	●		
Sweetcorn			●	●	●	
Tomato	●	●		●	●	●

Vegetables can be prepared and cooked in lots of different ways. It is this flexibility that is partly why vegetables are so great! The table gives you a quick overview of some of the common ways different vegetables are prepared. We've highlighted the way we think each vegetables takes its very best!