

Place 500 grams of water or broth into the mixing bowl and steam Based on time/Varoma/speed 3

SPINACH



Fresh
10-12 mins
Varoma

BROCCOLI CAULIFLOWER



Florets
11-15 mins
Simmer Basket

PUMPKIN



Pieces
15-20 mins
Simmer Basket

CARROT



Sliced
18-24 mins
Simmer Basket

PEAS BEANS



Frozen
15-18 mins
Simmer Basket

CABBAGE



Cut Strips
10-15 mins
Simmer Basket

CORN



Up to 6 cobs
15-20 mins
Varoma

POTATO



Pieces
17-30 mins
Simmer Basket

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PRAWNS



400g
8-10 mins
Simmer Basket

FISH FILLETS



2-3 pieces (150g)
12-18 mins
Varoma

CHICKEN BREAST



3 pieces (500g)
20-25 mins
Varoma

BEEF FILLETS



1 piece (500g)
12-30 mins
Varoma

PORK TENDER



500g halved
18-23 mins
Varoma

MEATBALLS



500g small balls
20-25 mins
Varoma