



100 % natural

# Special Mixed Vegetable Romanesco

## IQF

Code: 00499

### Format

10 x 1 kg

### Product description

Our vegetables are harvested at the peak of maturity. They are carefully selected, washed, blanched and quick frozen to lock in the great taste and nutrition.

### Preservation

Keep frozen at 0°F or -18°C or below. Do not refreeze if thawed. Can be kept in the refrigerator for 48 hours in a sealed container.

### Preparation

For better results cook from frozen. Take out desired amount and return any product not used immediately to freezer.

### Suggestion

Ideal in your favorite recipes or simply as a great accompaniment to any entree. Just drizzle with melted butter or sprinkle with your preferred vegetable seasoning.

### Ingredients

romanesco flower, orange carrots, yellow carrots, cut green beans



Medium-high heat  
4 - 5 minutes



Medium-high heat  
4 - 6 minutes



High power  
3 - 4 minutes