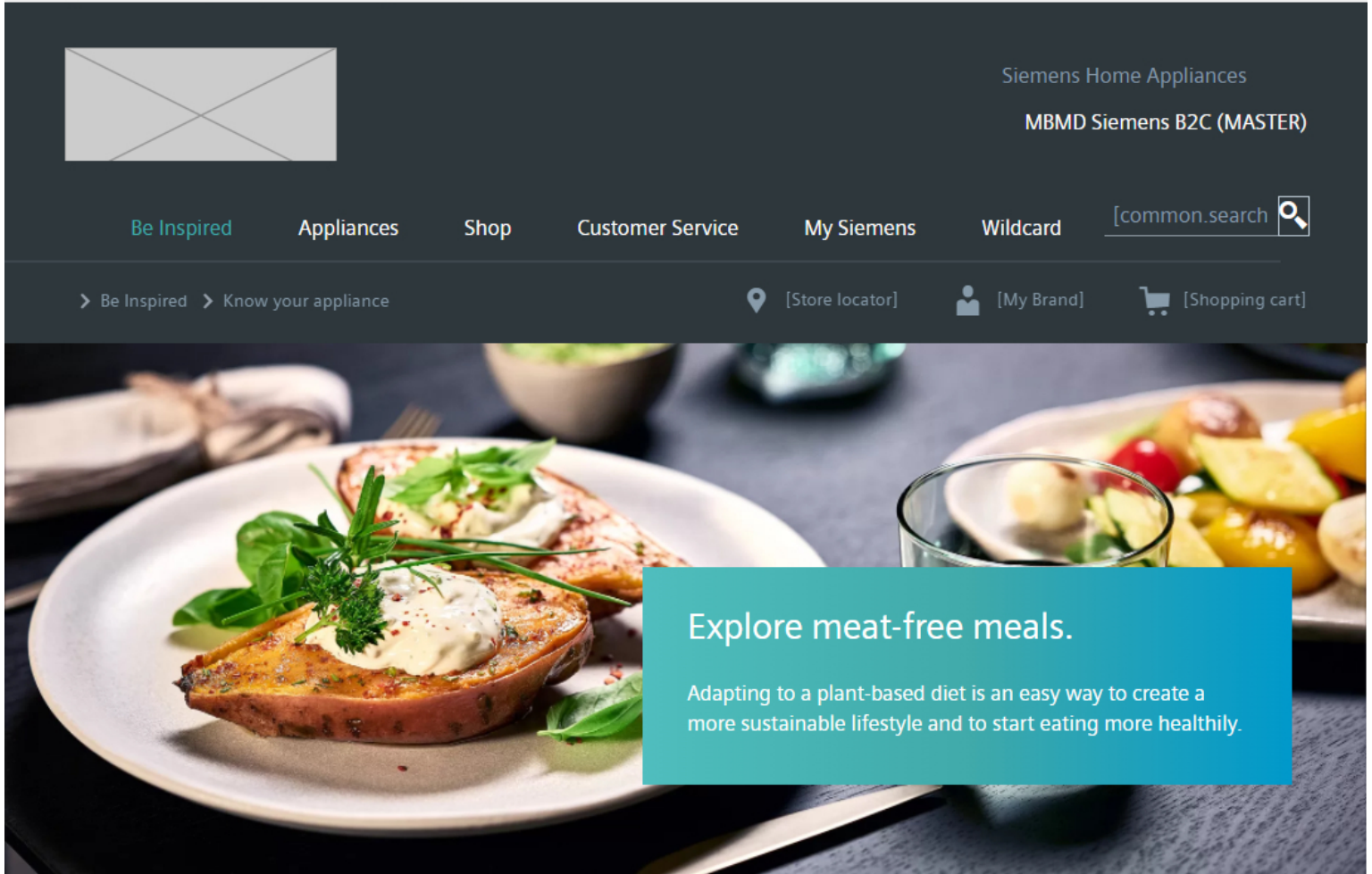




One step at a time

One step at a time.

Starting a plant-based diet begins with making small but impactful decisions. Examine your usual kitchen routine and determine where you can introduce meat-free options while also maximizing the various functions of your kitchen.

Learn the art of the swap.

For beginners, try swapping 20% of your meat dishes for a plant-based one. Instead of your usual chicken salad or pork roast, try an oven-baked sweet potato as a salad side. Top it with baked black beans, peppers, and a tomato salsa. Or go Mediterranean and top it with yogurt, red onion, and feta cheese. Steamed vegetables are an easy option, too. Make it even better by topping it with your favourite spices, fried garlic and onions, and fresh herbs.



[COMMON.SEE_MORE]

Inject flavour through roasting.

Try roasting hearty vegetables such as broccoli, cauliflower, or squash. Toss them in some olive oil, salt, and pepper, and roast until tender. Kick off on a low level to have a gentle cook and then increase temperature and roast for about five minutes to create a crisp.

Tips for veggies.

Go for vegetable soups. Simply blend some roasted vegetables with some cream and

Go for vegetable soups. Simply blend some roasted vegetables with some cream and stock and let it simmer for some more time - if you fancy trying out, choose a vegan cooking cream, there's lots of brands now offering delicious alternatives. The key to a great soup is giving the veggies enough time to simmer/roast before blending them. To keep flexibility of texture, start out blending the cream and veggies first and only then add stock step by step.

For a rich flavour properly fry onions and some garlic and maybe capers with a little bit of lemon juice and add to the blending. And if you have a busy lifestyle we recommend to take 15 minutes before you spend some time on the couch, blending lots of stock veggies into small pieces and let them simmer in salty herb water for 2-4 hours. Let them cool down and store in your freezer in small portions so you always have a rich stock base available to process with water.

Ease into it with fish.

You can also start with a pescatarian diet, consuming fish instead of meat. Try an easy garlic butter roasted salmon. First make a garlic butter sauce with garlic, lemon juice and melted butter. Roast your salmon fillet in the oven until it's flaky. Serve with roasted potatoes or asparagus.

Always start
fresh.

The key to enjoying



fruits and vegetables is to get them fresh. And to keep them fresh longer, make sure you place them in the hyperFresh compartment. It's designed to provide the perfect environment. Especially in the morning or as a snack fresh raw veggies and fruit serve as a perfect replacement for meat and in general animal products. As animal products are harder to digest, you will also feel more active by choosing a veggie/vegan option.



Cool down efficiently.

Learn to manage your fridge and freezer. Get to know which areas are best for certain types of food. And in the process, extend the shelf life of your food and groceries so you can avoid creating unnecessary waste.

> [Master your Siemens fridge](#)



Host like a natural.

Hosting a dinner party can be stressful. To help you pull off a flawless feast, preparation is key. It also helps to know the innovative functions that your Siemens Home Appliances have to offer. This way you can just focus on being a great host.

> [Explore the best hosting tips](#)



Explore healthy eating.

Eating well and healthily brings a lot of benefits. But sometimes making the right food choices at home can still be difficult. The secret is making small but significant choices in your kitchen. Do them consistently and form a healthy habit.

> [Onwards to good health](#)

Get perfectly cooked meals every time with Home Connect.

Did you know that you can prepare plant-based dishes easier with Home Connect? Since roasted vegetables are easier to overcook, timing is everything. Through the Home Connect app, you can start, monitor and control the cooking process. You will receive a notification when your food is done. Connect your home to a range of smart services and turn your life into a connected one

DISCOVER CONNECTED COOKING



Roast more with ease

A large ceramic dish is a useful accessory to go with your oven. This one is ideal not only for oven use, but also to store food in the refrigerator, or to immediately serve on the table. Made in Germany, this high-quality ceramic dish is suitable for both single and double ovens. Discover our premium oven accessories to get the best cooking experience. Discover our premium oven accessories to get the best cooking experience.

> [Shop oven accessories](#)



Innovation for sustainability

Sustainability is a matter for all of us. Discover how we at Siemens Home Appliances are taking our responsibility as one of the market leaders in the home appliance industry towards environmentally friendly behavior. Enabling exciting possibilities without compromise.

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Service and Warranty

Do you have any technical questions about installing or setting up your kitchen appliance? Do you need support for pairing your home appliance? Or would you like to get information on using Home Connect? We are happy to assist you.

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