CLAIMS

1. A method for processing vegetables, comprising:

(i) a dicing step comprising subjecting the vegetable to mechanical size reduction;

(ii) a softening step comprising heating or freezing the vegetable for a pre-determined period; and

(iii) a treatment step comprising bringing the softened vegetable product into contact with one or more reactive oxygen species selected from: peroxides and superoxides

in which the vegetable belongs to the species *Brassica oleracea*.

2. A method according to Claim 1, in which the softening step comprises baking, frying, steaming, boiling, blanching or microwaving the vegetable.

3. A method according to Claim 2, in which the softening step comprises dry frying the vegetable.

4. A method according to Claim 2, in which the softening step comprises blanching the vegetable.

5. A method according to any preceding claim, in which the reactive oxygen species is hydrogen peroxide.

6. A method according to any preceding claim, in which the method further includes a washing step prior to the dicing step.

7. A method according to Claim 6, in which the washing step includes contacting the vegetable with an anti-microbial composition, followed by a rinsing step.

8. A method according to any preceding claim, in which the method further includes a cooking step in which the treated vegetable product is heated at a pre-determined temperature for a pre-determined time.

9. A method according to Claim 8, in which the cooking step is followed by a rapid cooling step in which the cooked vegetable product is rapidly cooled to stop the cooking process.

10. A method according to any preceding claim, in which the method further includes a packaging step in which the treated vegetable product is sealed within a food grade package.

11. A method according to any preceding claim, in which the vegetable is selected from cauliflower, cabbage, brussels sprouts, kale, broccoli and collard greens.

12. A method according to any preceding claim, in which the vegetable is cauliflower.

13. A method according to Claim 11, in which the vegetable is a cauliflower head.

14. A processed vegetable product in which the vegetable belongs to the species *Brassica oleracea* prepared by a method according to any preceding claim.