

Wilted Greens

Season: Any

Type: Side dish or starter

Difficulty: Easy

Serves: 15-20 or 30-40 tastes

Fresh from the garden: Silverbeet, pak choi, garlic

Recipe source: original

Equipment:	Ingredients:
<ul style="list-style-type: none"> • Large saucepan or stockpot • Knife • Chopping Board 	<ul style="list-style-type: none"> • 1 Kg of silverbeet and/or Pak Choi (ideally half and half) • 3 cloves garlic • 2 tablespoons extra virgin olive oil • 1 tablespoon butter • 1/2 teaspoon salt • 1/2 teaspoon pepper • 1 lemon

What to do:

- Thoroughly wash the greens in a large sink of cold water. You may want to wash twice if they have come straight from the garden.
- Shake off excess water then roughly chop
- Chop the garlic finely and cut the lemon into slices
- In a stockpot put it on a medium heat, then add **1 tablespoon** of the oil once hot and the chopped garlic, stir
- Very soon after put in all the greens and turn the heat right up. Stir occasionally until the greens start to wilt.
- Turn off the heat and add the butter, salt and pepper and gently stir in. Put the lid on.
- When ready to serve place in serving bowls, drizzle a little olive oil over and put a couple of lemon wedges on each bowl to squeeze over once on the plate.

Notes: This can work with Silverbeet, Pak choi and other Asian greens, spinach, rocket, beetroot leaves, kale or any other edible dark leafy greens. This is a lovely alternative to a side salad to lighten a meal.