

Greens recipes

Simple sizzling garlic greens– Serves 4 as a side dish

If, like me, you are sometimes stuck for a more interesting way to cook your greens, then try this dish out. You can use any type of green veg you like, including Broccoli, Chard, spinach or cabbage. It adds a real twist to what can be a bit of a boring vegetable.

Preparation Time: - 5-10 minutes

Cooking Time: - 5 – 20 minutes (depending on the type of greens used. See below)

Broccoli, green or purple sprouting - Cut and separate the florets. You can also use the stems in this dish. Just cut and finely slice them. Steam the lot for 5-8 minutes, until tender. Then add to oil, garlic and chilli flakes and cook for a further 5-7 minutes.

Spinach or Chard – Prepare as normal and coarsely chop. Cook for 5-8 minutes

Cabbage – Prepare as normal and roughly shred the leaves. Cook for 15-20 minutes

Ingredients: - 300-500g (10oz – 1lb) of greens of choice, 2 garlic cloves, finely chopped. 2 tbsp of olive oil, ¼ - ½ tsp of crushed chilli flakes, 2tsp of red wine vinegar or lemon juice. Crushed black pepper corns and rock salt to season.

Instructions: - Heat the oil in a large frying pan. Add the chilli flakes and garlic and cook on a medium/high heat for approx. 1 minute, until the garlic is a lovely golden brown colour. Add your greens and carry on cooking until they start to wilt and go tender, but ensure they are still bright green. Add the red wine vinegar or lemon juice and season to taste. Serve immediately.

Handy Hint: - *Remove the chilli flakes and sprinkle fresh grated parmesan on the finished dish to give it a more Mediterranean feel.*

Sautéed chard with garlic and red onions

There's only so many times I can face steamed chard, so for some sanity and a break for my taste buds I decided to find a tasty chard recipe. The below effort is the result. I have not tried this one yet, so if it's good let me know.

Preparation Time:- Approx. 15 minutes

Cooking Time:- 5 minutes

Ingredients:- Chard, 2-3 garlic cloves, 2 red onions, juice & zest of 1 orange, 2tbsp sunflower oil, salt & pepper to season

Instructions:- Peel and finely chop the garlic & red onions. Remove the chard leaves from their stalks. Shred the leaves and chop the stalks, keeping them separate. Heat the oil in a frying pan or wok. Add the onions and chard stalks and fry for 3-4 minutes, until they start to soften. Add the garlic, chard leaves and orange zest and stir together. Season well and stir fry for 2-3 minutes until the chard starts to wilt. Add the orange juice and serve immediately.

Handy Hint: *Should work just as well with kale or spinach, but adjust the cooking times accordingly.*

Summer Greens

A few customers have asked us for some more recipes for all the lovely greens currently in our boxes. This recipe was recommended to us by one of our customers and is another yummy way to cook our gorgeous greens! It is so simple and could not be quicker as greens just need a few minutes cooking!

Preparation Time:- Approx. 5 minutes

Cooking Time:- Approx 5 minutes

Ingredients:- A little Vegetable Oil, Chard, 1 Onion chopped, a few Tomatoes chopped, Salt & Pepper to season (these quantities are all approximate and can be varied to taste).

Instructions:- Heat your oil and stir fry the onions until tender, then add the tomatoes. Stir fry briefly then add your greens and stir fry for a few minutes until tender.

Handy Hint: *Should work just as well with kale or spinach, but adjust the cooking times accordingly.*

Spicy Creamed Spinach – serves 2 as a side dish

This is a spicy, Indian style dish. It has a lovely aromatic flavour and works well with almost any meal.

Preparation Time: - 5 minutes

Cooking Time: - 10 minutes

Ingredients: - bag of spinach – washed with stalks removed, ¼ tsp mustard seeds, ¼ tsp cumin seeds, ½ tsp sugar, 1 small hot red chilli - seeded & chopped, 25g shelled almonds, 40g butter, 40ml double cream

Instructions: - Melt the butter in a large pan over a medium heat. Add the mustard and cumin seeds. When the mustard seeds start to pop, stir in the sugar and chilli and cook for 2 minutes. Do not let the butter darken.

Roughly chop the spinach and add to the pan. Cover with a lid and cook for 5 minutes tossing occasionally. Meanwhile, warm the nuts under a grill or toast them in a dry pan. Add the cream to the spinach and stir in. Season to taste, scatter over the nuts and serve straight away.