

Give it a try

Starter and Snacks

Sautéed rainbow chard with garlic

Preparation time

Preparation time Less than 30 Mins

Cooking time 10 Mins

Serves 4-5

Ingredients

454g1lb Rainbow chard

2 cloves garlic, peeled and crushed

1 red onions, peeled and finely chopped

juice and zest 1 orange

1 tbsp sunflower oil

salt and pepper

Method

1. Take the chard leaves off the stalks and shred the leaves and stalks finely. Keep them separate.

2. Heat the oil in a large frying pan or wok. Add the onions and the chard stalks and stir-fry for 3-4minutes until starting to soften. Add the garlic, chard leaves and orange zest and mix together. Season well and stir-fry for another 2-3 minutes until the leaves have wilted.

3. Stir in the orange juice and serve at once.



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