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:
- Large saucepan or stockpot  
- Knife  
- Chopping Board

### Ingredients:
- 1 Kg of silverbeet and/or Pak Choi (ideally half and half)  
- 3 cloves garlic  
- 2 tablespoons extra virgin olive oil  
- 1 tablespoon butter  
- ½ teaspoon salt  
- ½ 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.