

SAUTÉED GREENS

by Cathy Laurence



“Leafy greens such as bok choy, kale and silverbeet daily are some of the healthiest foods - I love them freshly picked from the garden.”

Serve cooked greens alongside your favourite dish for a boost of nutrients and flavour.

Ingredients

- 4 cups leafy greens, such as bok choy, silverbeet, spinach or kale, chopped roughly
- ¼ cup water
- 3 garlic cloves, minced or sliced
- 2 tbsp lemon juice or balsamic vinegar

Optional:

- 2 tbsp dried cranberries
- 1 tbsp pine nuts
- ½ tsp red chilli flakes

Chef's notes:

- There are lots of ways to make your sautéed greens sing: try a teaspoon of nut butter, a splash of low-sodium tamari, or whatever fresh or dried herbs and spices match the main dish you're serving them with!

- Oven-baked broccoli makes another delicious green side. Chop up enough for 2 cups per person (include the peeled stalks), add a sprinkle of chilli flakes, bake for 5-10 mins, and squeeze on lemon juice at the end.

Directions

1. Pour half of the water into a large pan over medium heat. When water starts to simmer, add the garlic and cook for about 1 minute until fragrant.
2. Add the greens and toss. Cook for about five minutes, stirring often. until wilted and bright green. Add splashes of water if the pan becomes dry.
3. Remove from heat, drizzle with lemon juice or balsamic vinegar and serve immediately.
4. Top with an optional sprinkle of dried cranberries, pine nuts or red chilli flakes (or a mixture of these).

PREP TIME: 3 MINS

TOTAL TIME: 8 MINS

SERVES: 4

Cathy Laurence (BA, MSc) has worked as a lawyer and environmental planner, and now works and volunteers full time to promote the benefits of plant-based diets. Before moving to Australia in 2013, she co-organised an annual Plant-Based Pledge program in her native UK from 2010-2013. She joined the Doctors For Nutrition team as its very first part time staff member in 2018.

