



Swiss Chard Stir Fry

The Maxwell Centre - Everyone's Kitchen

Ingredients:

Lots of Swiss chard, or rainbow chard,
broccoli leaves
3 red peppers, chopped
1 jar of olives
3 tablespoons extra-virgin olive oil
6 cloves garlic, finely chopped or wild garlic

6 tomatoes
3 large onions, diced
Thyme
Freshly ground pepper to taste
Salt to taste
Rice to serve

Method:

Clean and chop your green leaves (leaves and stalk)

In a large pot, on medium heat, add the onions, garlic and thyme. Cook until the onions are soft. Add your chopped tomatoes, peppers, olives and cook for 5 minutes. Add your green leaves with a bit of water and let it wilt

Serve with rice!

