

Swiss red chard

Ingredients

- 500g/1lb 2oz swiss red chard
- 100g/3¾oz butter
- salt and pepper

Preparation method

1. Trim the chard and cut the dry ends from the stalks.
2. Place a knob of butter in a large pan or wok and melt the butter over a medium heat.
3. When the butter is melted, add chard and toss around for 1-2 minutes until blanched, do not overcook.
4. Remove and drain on a kitchen towel.
5. Place in a bowl and use immediately.

less than 30 mins

preparation time

less than 10 mins

cooking time

Serves 2-4

By David Swallow

From MasterChef