



JERNEJ KITCHEN

SAUTEED SWISS CHARD WITH PEAS

Swiss Chard with Peas and Spinach is a light, healthy, and quick side dish recipe for fish, seafood, and meat. It's gluten-free and vegetarian.

SERVES	4	PEOPLE
PREPARATION:	5	MINUTES
COOK:	5	MINUTES
TOTAL TIME:	5	MINUTES

SWISS CHARD WITH PEAS

3 tbsp olive oil

350 g (12 ounces) swiss chard and spinach, mixed

220 g (1 cup) frozen peas

2 tbsp (30g) unsalted butter

juice from 1/2 lemon

TOOLS AND EQUIPEMENT

kitchen knife

skillet

PREPARATION

Cut off bigger and thicker swiss chard stalks. Place a large skillet with olive oil over medium-high heat. Add the swiss chard and spinach. Saute for a minute.

COOK AND SERVE

Add 60 ml or 1/4 cup water to the skillet along with the frozen peas. Continue to cook for 2 - 3 minutes. Then add the butter and lemon juice. Season with salt and pepper, stir to combine, and remove from the heat. Serve with your favorite main dish.