

Italian Style Greens

Rowville Primary School
Kitchen Garden Recipe

Ingredients

8 Big handfuls of mixed green leaves and herbs,

Olive oil,

2 Cloves of garlic,

1 Lemon,

Salt

Equipment

1 Large frying pan,

1 Wooden spoon,

1 Chopping Board,

1 Non-slip mat,

1 Knife,

1 citrus juicer,

2 Tea towel,

Measuring spoons



Method

Fill a sink with cold water. Wash all your greens and herbs. Lay out a clean tea towel. Place your washed greens on to dry. Tear your greens up into small pieces.

Set out your chopping board and knife. Peel and slice your garlic. Juice your lemon.

Heat your frying pan on the stove, add 1 tablespoons of olive oil. Add your garlic, and lightly fry without colour. Add your washed greens and herbs, cook on medium heat about 4 minutes.

Add a drizzle of olive oil, lemon juice and a pinch of salt.

Collect a serving platter and a pair of tongs. Dish up your greens. (Keep warm if needed.)