

Chard with chick peas and feta

A refreshing, satisfying supper dish that is really quick to make. The lemony dressing lifts the whole dish. If you grow your own beetroot, this is a good way to use the tops, which are very similar to chard but need to be used soon after harvesting as they wilt quickly.

Serves 2 for a main meal or 4 as a light supper.

Ingredients

- ½ red onion, peeled and chopped
- 2 cloves garlic, finely sliced
- 12 cherry tomatoes, halved
- 2 tbsp coconut oil (olive oil will do)
- 1 large bunch of chard or beet tops
- 1 tin chickpeas
- Juice & zest of ½ a lemon
- A handful of parsley, chopped
- Salt and black pepper
- 100g feta, broken into pieces



Method

1. Chop the onion and fry gently in the oil with the garlic.
2. Halve the tomatoes and add to the pan. Cook for 5 minutes and set aside.
3. Chop the stems from the chard leaves. Cut the stems into bite-sized pieces. Boil water in a pan and add the stems for 2 minutes. Meanwhile slice the leaves roughly, add to the pan and boil for a further 2 minutes, then remove from the heat and drain.
4. Heat the chickpeas in their liquid in a small pan until heated through. Drain.
5. Add the chard stems and leaves and the chick peas to the onion/tomato pan and heat for 5 minutes.
6. Remove from heat, add the juice & zest of ½ a lemon, parsley, salt to taste, and a good grind of black pepper.
7. Place in serving dish or divide into bowls, garnish with the feta, and serve.