



Let's get
cooking
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Super Citrus Greens

1 lemon

2 tablespoons olive oil

Pinch of salt

freshly ground black pepper

500 g spring greens

Finely grate the lemon zest, then put into a jam jar.

Cut the lemon in half. Squeeze half the juice into the jar, using your fingers to catch any pips (keep the remaining lemon for another recipe).

Add the olive oil to the jar with a tiny pinch of salt and pepper.

Put the lid securely on the jar and shake well.

Have a taste and see whether you think it needs a bit more lemon juice or oil – you want it to be nice and zingy once you've put onto your spring greens.

Half-fill a large saucepan with cold water and add a tiny pinch of salt.

Place on a high heat and bring to the boil.

Meanwhile... trim and cut the spring greens in half lengthways, then finely slice them.

Once the water is boiling, carefully add the spring greens and cook for 3 to 4 minutes, or until tender but still bright green in colour.

Once cooked, drain the spring greens over the sink into a colander, then tip back into the pan.

Give the dressing a shake, then trickle over the greens.