

# Super Spring Greens

*Spring greens are lovely leafy young cabbages that are produced early in the season, before they firm up into hearts. They are delicious steamed or stir-fried; try this interesting recipe with your roast dinner and spice up your Sunday joint! This treatment also works well with any brassica: pretty much any other cabbages, kale, broccoli, PSB or even cauliflowers. You could go mad and mix up a whole load of greens together (chard and spinach too) with these spices for a taste explosion. These greens are also a great accompaniment to the celeriac and potato mash from last month.*

## Serves 4 as a side dish

500g spring greens, shredded  
1 tbsp olive oil  
1 tbsp mustard seeds  
1 small onion, finely sliced  
1 garlic clove, crushed  
1 tbsp peeled & grated ginger  
salt & black pepper  
splash balsamic or cider vinegar  
(optional)  
pinch chilli (optional)



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Heat the olive oil in a large frying pan, then cook the mustard seeds gently until they start to explode and give off lovely mustardy aromas. Add the sliced onion, squashed garlic and grated ginger, then fry everything together until golden. Add the balsamic or cider vinegar and chilli if using; then the shredded cabbage and stir to coat well in the oily mixture. Cook gently, covered but stirring occasionally, for around five minutes or until tender. Season to taste and serve immediately with your Sunday joint, or Shepherd's Pie. Happy spring everyone!



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