

Recipe

HORTA

BOILED GREEK
WILD LEAFY GREENS

WHAT YOU NEED

Horta (any wild greens
ie. endive, chicory, dandelion,
spinach, nettles etc)
Salt, to taste
Lemon Juice, to taste
Olive Oil, to taste



HOW TO MAKE IT

1. Pick through greens and remove any roots and brown or discoloured parts, leaving only the leafy green leaves.
2. Wash well in a dish of water.
3. Bring a large pot of water to the boil. Add salt (approx. 1 teaspoon to 4 cups water). Once water is boiling add all leafy greens.
4. Cook, uncovered over medium heat for approx. 20-25 mins until greens are tender. Drain.
5. Just before serving gently drizzle greens with lemon juice, olive oil and additional salt if required.
6. Serve