

## CREAMED SILVERBEET



Serves 4



Prep Time 5 minutes



Cook Time 10 minutes

### INGREDIENTS

- 1 tsp butter
- 1-2 tsp crushed garlic
- 1 bunch silverbeet, sliced
- 2 Tbsp cream
- 2-3 Tbsp Parmesan cheese

### METHOD

1. Heat butter in a large pan and gently cook garlic for 1 minute. Add silverbeet and toss until wilted. Pour over cream and parmesan and heat gently for 1 minute. Season with salt and pepper if desired.

Serve immediately.

### TIPS

This recipe also works well with spinach.