

Creamy Swiss Chard

WITH BAKED EGGS & CHEESE

Secretts home grown Swiss Chard is the main star of this recipe. Grown here on the farm its loved for its rainbow coloured main stem. Chard is a member of the spinach and beet family and can be used in place of spinach. As indicated in the recipe below the stems take slightly longer to cook than the leaves so they are separated from each other before cooking. This is a perfect Breakfast, Brunch, Lunch or Supper dish.



Ingredients Serves 4 as a starter or 2 as a main.

- 8-10 Swiss Chard stalks and leaves, washed
- 2 tbsps olive oil
- 3 cloves garlic, crushed
- 1 red chilli, thinly sliced
- Salt flakes and freshly ground black pepper
- Finely grated nutmeg
- 300ml double cream
- 50g grated Sussex Charmer, Parmesan, Gruyere or Cheddar cheese
- 4 large eggs
- Freshly chopped parsley or chives and sliced red chilli slices to garnish

Method

1. Preheat the oven to 180°C, Gas 4.
2. Thinly slice the washed Swiss Chard stems and set aside. Slice the Swiss Chard leaves into thick Chiffonade strips.
3. In a ovenproof skillet heat the olive oil and add the sliced Swiss Chard stalks. Gently sauté until tender stirring occasionally.
4. Turn up the heat slightly and add the Chiffonade Chard leaves and sauté until wilted and tender.
5. Stir in the crushed garlic and sliced chilli and fry for 1 minute.
6. Add seasoning to taste with a generous amount of finely grated nutmeg. Switch off the heat.
7. Gently stir through the cream and grated cheese
8. Make 4 slight indents in the mixture and break the eggs into each indent.
9. Bake in the oven until the eggs are just set.
10. Sprinkle with more fresh chilli.

