



West Oxford

Seasonal Recipe

Calendar 2009



April

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2

SWISS CHARD AND COUSCOUS GRATIN

400g (14oz) Swiss chard
Knob of butter
100g (4oz) couscous
50g (2oz) fresh Parmesan cheese
2 garlic cloves
Salt and pepper
1 tbsp olive oil

Chop the chard and steam for 5-10 minutes until tender then remove the excess water by pressing in a colander. Finely chop the garlic and sauté in hot oil for 2-3 minutes. Pour 100ml (scant ¼ pint) of vegetable stock into a saucepan and add the couscous and butter. Bring to the boil stirring continuously and remove from the heat. Leave to stand for 5 minutes.

Mix the garlic, chard and couscous together, add salt and pepper to taste, and place in a shallow warmed heatproof dish. Grate the Parmesan and sprinkle evenly over the surface. Place under a medium hot grill for 2-3 minutes until the cheese has melted.

Serves 4