Quick Braised Chard & Lentils BBCgoodfood.com

* 3/4 lb. Swiss Chard, leaves and stems separated, leaves roughly shredded and stems cut into long, thin stalks
* 2 Tbsp olive oil
* 1 garlic clove, sliced
* 1 red chili, deseeded and chopped
* ½ lb. cooked green lentils
* squeeze of lemon juice
1. Heat half the olive oil in a large sauté pan. Add the chard stalks, garlic, chili, and a splash of water. Cook over a low heat for 8-10 mins until softened, then add the leaves and cook until completely wilted. Remove from heat.
2. Stir lentils through the chard. Season with salt and pepper, dress with more olive oil and lemon