

Dandelion greens with toasted garlic & almonds

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This salad recipe works for just about any green, but we especially love the bite of dandelion leaves.

If you want to make it with mellow greens like chard or spinach, skip the blanching (step 1), which is included to tame the bitter flavour.

Ingredients (serves 4)

- 1 large bunch dandelion greens, trimmed and coarsely chopped
- 3 tbsp extra-virgin olive oil
- 6 cloves garlic, thinly sliced
- 4 spring onions, thinly sliced, whites and about 5cm of the greens only
- 1/3 cup sliced, blanched [almonds](#), toasted
- 1/4 tsp salt

Method

Bring a large pot of water to a boil. Drop greens into the boiling water and cook until bright green, stirring once or twice, 30 seconds to two minutes, depending on the type of greens. Drain in a colander, then rinse well with cold water. Drain again, pressing on the greens to remove excess water.

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Heat oil in a large pan over medium-high heat. Add garlic and spring onions; cook, stirring, until the garlic starts to turn golden brown, 30 seconds to two minutes. Add the greens and cook, stirring, until tender and heated through, one to three minutes. Stir in almonds and season with salt. Serve immediately.

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