

Feel in the pink with nourishing chard and radish dish

Rainbow (Swiss) chard is coming to the peak of its summer season, and not only does it look beautiful on a plate with its multi colour stalks, but it offers a wide variety of beneficial nutrients. Chard is a great source of carotenes, vitamins B6, C, E and K, thiamine, folic acid, niacin, potassium, magnesium, iron, calcium, manganese, and selenium.

Radishes are an incredibly versatile, colourful perk of the season that is great for more than just salads. They are an excellent source of vitamin c, folate, potassium, and manganese and even contain coenzyme Q10 a fat-soluble antioxidant coenzyme. Radishes are very low in carbohydrates and low on the glycemic index, making them a great option for those watching their carbohydrate intake.

Whilst both chard and radishes can be eaten raw, in this recipe, we will be cooking both. Cooking radishes mellows their peppery flavour and adds a slight sweetness that compliments the bitter greens beautifully. The recipe, and the vegetables, offer a wide variety of colours and therefore an abundance of polyphenols, chard alone is thought to contain as many as 13 different polyphenol antioxidants.

Sautéed Swiss chard and radishes

(Serves 2)

1 big handful or 150g rainbow chard

6 large or 8 small radishes

1 garlic clove (finely grated)

small knob of butter or glug of extra virgin olive oil

black pepper



Optional toppings: a sprinkling of feta, parsley, and /or mixed seeds

Wash the chard and radishes. Separate the stalks from the leaves of the chard and set both aside, top and tail, then quarter the radishes lengthways.

Heat a frying pan on a medium-high heat, add the butter and radishes, sauté for around 3 minutes stirring occasionally until they are just starting to colour. Add the stalks from the chard and the garlic and sauté for a further 2 minutes, continuing to stir so the garlic doesn't catch.

Finally, add the leaves from the chard and mix in until wilted. Serve with toppings of your choice.

Lovely with poached fish or piled on a slice of sourdough toast.

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