



Citrusy Infused Steamed Greens

Serves 6

What you need to do

3 tbsp. butter, softened
½ lime, zested
½ lemon, zested + 1 tsp. lemon juice
10 stalks parsley, chopped
salt & black pepper
2 courgettes, cut into chunks
8.8 oz. (250g) green peas
10.6 oz. (300g) chard, roughly chopped

Mix the butter, lime zest, lemon zest, lemon juice, and parsley in a small bowl. Season with salt and pepper, stir to combine, and set aside.

Place the courgette into a steamer and steam for 4 minutes, then add the green peas and chard and steam for 6-8 minutes, until tender.

Once cooked, place the vegetables in a serving dish. Add the flavored butter, mix well to coat the vegetables in the butter, and serve.

Serving Suggestion: Cheesy Bacon & Veggie Breakfast Muffins or Zucchini & Parmesan Omelet



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	12 mins	107	6	11	4	3

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