

Under 30 minutes

Serves 4

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Ingredients:

- Large knob butter
- 1 bunch (150-200g) Swiss chard, stems and leaves separated and roughly chopped
- 1 onion, finely sliced
- Salt and milled pepper
- 8-12 slices bread, buttered
- Wholegrain mustard, to taste (optional)
- 1 large block (500g) cheddar, grated

Method:

1. Heat butter in a pan and sauté chard stems and onion until soft and translucent.
2. Add chard leaves and cook until wilted.
3. Season and set aside.
4. Place half the bread on a board, buttered-side down, and spread with mustard, if using.
5. Add a layer of chard and cheese.
6. Top with remaining bread, butter-side up.
7. Place in a jaffle iron or sandwich press.
8. Cook until golden, about 2-3 minutes, or until cheese is melted.
9. Serve immediately.