Wilted Greens

Use anything to hand Pack-choi, spinach, silver-beet

**Ingredient**

2 cloves of garlic
2 anchovy fillets
Approx. 500g assorted greens

**Method**

Wash and tear up greens into small pieces
Heat the oil and anchovies in a wok or heavy based pan and stir until anchovies seem to start melting in the oil

Toss in the greens and stir-fry over fairly high heat a few minutes at most until everything has wilted.
Cook to your required taste but leave crispy and serve