

# Swiss Chard with Seafood & Rice

Goodies from the garden meet Croatian memories

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## INGREDIENTS

(makes 4-6 portions)

- 200g basmati rice
- a big bunch of swiss chard
- 2-3 garlic cloves
- 300g frozen seafood mix (pre-cooked)
- salt
- black pepper or pepper mix
- ½ tsp dry garlic powder
- ½ tsp dry thyme
- 1 lime/lemon



## DIRECTIONS

1. Start by defrosting the seafood mix as instructed on the package.
2. In a small pot cook the rice in salted water until it has cooked through. Then remove from heat and leave aside.
3. In the meantime, wash the swiss chard thoroughly and remove the stalks leaving the greens aside. Then cut the stalks into 1-2cm pieces and leave aside. Also cut the greens roughly and leave aside.
4. Peel the garlic and slice it finely. Heat a big pan or a wok over low to medium heat with some olive oil. Add in the garlic and fry only shortly so that the garlic starts to release its juices into the oil. Make sure to keep the heat down so that the garlic doesn't start to brown, as when it goes really brown it also becomes bitter. Then add the chopped swiss chard stalks, mix shortly, cover with a lid and cook on medium heat for five minutes.
5. After the stalks have been cooking for five minutes add in the greens, mix shortly, cover again and continue cooking for another 3-5 minutes until the greens have cooked.
6. Once the swiss chard has cooked add the defrosted seafood mix to the pan. Season with salt, pepper, dry garlic and thyme. Give a short mix and cook on medium heat for 1-2 minutes.
7. Turn off the heat. Add as much of the cooked rice to the pan as you like (I added all of it) and mix well so that the rice is well covered with the juices that the swiss chard and the seafood have released.
8. Serve warm with some drizzled lime or lemon juice on top.

TIP. For this recipe I used a pre-cooked seafood mix from the freezer. It needed to be defrosted for about an hour and then cooked for only 1-2 minutes. For this recipe you would need something similar or to pre-cook the seafood yourself in a separate pan before adding it to the other ingredients.