**Spring cabbage and peas**

* 2 tsp coriander seeds
* 2 tsp mustard seeds
* ½-1 tsp crushed dried chilli flakes
* about 2 tbsp olive oil
* 3 fat garlic cloves, cloves bashed, peeled and thinly sliced
* 300g spring greens or sweetheart cabbage, ends trimmed, sliced into ribbons
* 50g butter, cut into cubes
* 4-5 tbsp Greek yogurt
* 2 cups Peas, trimmed and halved

**Method**

1. In a large pan preheated over a medium- high heat, dry toast the coriander seeds, mustard seeds and chilli flakes for about 1 minute or so until their perfume is released, but don’t let them burn.
2. Drizzle half the oil into the pan, just enough to coat the base and add the garlic. Heat together for 30 seconds or so. Add the peas to the pan and spread so there is an even layer.
3. Wash the greens and drain in a colander but don’t shake off too much water. Take half the greens and pack them into the pan, season that layer with a little salt and pepper, add a drizzle of oil and stir to mix. Add the rest of the greens, season again and then add another drizzle of oil.
4. Cover with a lid and cook for 3-4 minutes without removing the lid but instead, holding the lid on firmly and shaking the pan to move the cabbage around and prevent it from sticking. This will enable the greens to fry and steam-cook at the same time.
5. Remove the lid and stir the greens well, making sure the spices coat them thoroughly, then add the butter and stir to melt. Tip the greens into a serving dish and dollop the yogurt over the top. Finish with a little pepper before serving.