saute’ed silverbeet

**Equipment:**
chopping board, knives, scales, salad spinner, colander, square frying pan,

**Ingredients:**
20 large stems (& leaves) silver beet - (approx 400gms)
⅓ cup olive oil
2 onions
5 cloves of garlic
1 cup cooked chickpeas
⅔ cup currants
murray river salt -optional

**Method:**
   - Put oven on to 70oC to keep silverbeet warm.
   - Separate silverbeet stems from leaves. Trim stems, cut them lengthwise and cut into pieces 1cm square. Wash and spin dry.
   - Roll up leaves tightly and slice finely. If the pieces are very long, chop in ½ or ⅓. Wash and spin dry.
   - Finely chop onion.
   - Finely chop garlic.
   - Heat pan, then add ½ the oil. Saute onion until pale gold. Add stems and garlic and saute for 5 minutes. Stir through chickpeas.
   - Add sliced leaves and trickle over remaining oil. Cover pan until leaves have softened, then remove lid and stir well. Stir through currants and check if it needs a little salt.
   - Serve.