silverbeet sauce
for pasta

Equipment:
chopping board and knife, electric frying pan (or heavy-based) with lid, wooden wok-stirrer, salad spinner, grater

Ingredients:
12 stems silver beet
1 onion
2 cloves garlic
⅓ cup olive oil
⅓ cup sunflower seeds
½ cup currants
50 gms parmesan cheese
salt, pepper

Method:
Chop onion and garlic into very small pieces.
Grate parmesan.
Turn on the frying pan and carefully dry roast the seeds, stirring now & then until they brown. Tip onto a plate to cool.
Pour a some of the olive oil into the warm pan and add onion and garlic. Stir for a minute or 2, then stir through the silverbeet stalks. Cook for a few minutes.
Add the rest of the olive oil and stir in the silverbeet leaves. Turn the heat to low. Cover for 2-3 minutes.
Stir through the currants. Add a little of the pasta water to prevent sticking.
Stir through the pasta. Add more pasta water as necessary. Season with salt & pepper.
When serving, sprinkle with sunflower seeds and parmesan.