

saute'ed silverbeet

Equipment:

chopping board, knives, scales, salad spinner, colander, square frying pan,

Ingredients:

20 large stems (& leaves) silver beet - (approx 400gms)

1/3 cup olive oil

2 onions

5 cloves of garlic

1 cup cooked chickpeas

2/3 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 1/2 or 1/3. Wash and spin dry.

Finely chop onion.

Finely chop garlic.

Heat pan, then add 1/2 the oil. Saute onion until pale gold. Add stems and garlic and saute for 5 minutes. Stir through chick-peas.

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.

