

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
⅓ cup currants
50 gms parmesan cheese
salt, pepper

Method:

Wash silverbeet thoroughly. Spin dry. Cut out the stalks and chop extra finely. Chop all leaves very finely. Keep separate.

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.

