



Silver beet with Pine nuts & Currants

Recipe source: Stephanie Alexander's Kitchen Garden Cooking with Kids

Season: Spring

Type: Side Dish

Difficulty: Easy

Serves: Serves 20 to taste

Fresh from the garden: Silverbeet

Equipment	Ingredients:
Oven proof dish Salad spinner Large bowl chopping board and knife Paper large frying pan wooden spoon serving bowls	12 stems silverbeet 2 cloves garlic 1 onion 1/3 cup extra virgin olive oil 30 g pine nuts 50 g currants salt freshly ground black pepper

What to do:

1. Preheat the oven to 120 degrees Celsius, and place oven proof dish in oven.
2. Rinse and dry silver beet in salad spinner
3. Remove silver beet leaves from stems. Roll leaves and cut into 3 cm pieces. Place leaves in bowl. Cut stems into 3 cm pieces and place in separate bowl.
4. Peel and finely chop garlic
5. Fry pine nuts in frypan with 1 tbs of oil. Fry until they are golden. Transfer these pine nuts to a paper lined plate
6. Fry onion in 1 tbs of oil until soft. Add garlic at the end. Take care to not brown garlic.
7. Add silver beet stems, and stir. Cover and cook on high for 2 to 3 minutes,
8. Add silver beet leaves and cook for 2 to 3 minutes.
9. Add pinenuts and currants and cook uncovered for another 3 minutes or until the silver beet stems are soft.
10. Season with salt and pepper.