



# Silverbeet in Olive Oil with Chickpeas & Currants

Season: Summer/Autumn

Serves: 30 tastes in the classroom  
or 6 at home

**Fresh from the garden:** garlic, lemon, mixed soft-leaved herbs, onions, silverbeet

**Recipe source:** Adapted from a recipe by Desley Insall, Kitchen Specialist, Collingwood College, Victoria

This recipe celebrates the fresh flavour of silverbeet. It uses all the leaf, but the white stems require a slightly longer cooking time, as described. The mixture can also be used as the filling for a gratin.

## Equipment:

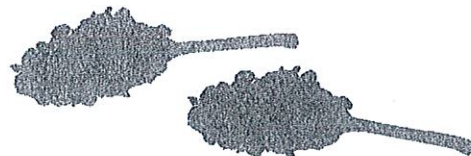
clean tea towels  
chopping board  
cook's knife  
zester  
small knife  
salad spinner (optional)  
heavy-based saucepan  
wooden spoon

## Ingredients:

10 silverbeet leaves  
3 tbsp extra-virgin olive oil  
2 onions, peeled and finely chopped  
6 garlic cloves, peeled and finely chopped  
6 cups cooked chickpeas (or 3 tins of chickpeas)  
½ cup currants  
zest of ¼ lemon  
1 handful of mixed soft-leaved herbs, chopped  
or ripped  
salt and pepper, to taste

## What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Cut the green part of the silverbeet away from the white stems with the small knife. Keep the green and white parts separate.
3. Chop the white stems of silverbeet into small pieces.
4. Roll each green piece of the silverbeet tightly and slice across the roll to form ribbons (this is called 'shredding').
5. Heat the olive oil in the saucepan over medium-low heat. The olive oil should coat the bottom of the saucepan with a thin film of oil.
6. Sauté the onions and garlic, stirring with the wooden spoon until they are transparent (about 2–3 minutes). Don't let them colour or turn brown.
7. Add the chopped stems of the silverbeet, stir and continue to cook gently.
8. Add all the shredded green silverbeet leaves to the the saucepan, and stir to coat the leaves in the onion- and garlic-flavoured oil.





*Silverbeet in Olive Oil with Chickpeas & Currants continued*

9. Cook until the shredded silverbeet leaves have wilted and the whole mixture has shrunk to half of its original volume.
10. Add the chickpeas and currants and cook a further 5 minutes, stirring occasionally.
11. Add the lemon zest and herbs. Season with salt and pepper, to taste.

