

Braised Silver beet with pine nuts and currants

Ingredients

20 stems silver beet
1 onion
2 cloves of garlic
1/3 cup olive oil
1/3 cup of pine nuts
1/3 cup currants
Salt
Ground Black pepper

Method

Rinse silver beet leaves and dry gently in the salad spinner

Cut away the stem from the leaves. Roll up the leaves into a loose bunch, shred with the large knife and place into a medium bowl.

Cut the stems into 3 long pieces and then cut them widthways into thin slices. Place in another bowl.

Peel and finely chop onion and place in a small bowl. Peel garlic cloves and squeeze in the garlic press and put into onion bowl.

Roast pine nuts in non stick fry pan on a low heat for a couple of minutes. Stir occasionally to check that the pine nuts are not burning. Remove pine nuts on to a plate to cool.

Add 1 tablespoon of oil to fry pan and cook onion for 2 minutes on medium heat. Then add garlic and cook for 2 more minutes until onion is softened.

Add silver beet stems, stir to coat stems with oil. Reduce heat to low , cover pan with lid and cook for 5minutes

Add rest of oil then increase heat to high and add leaves. Stir well, then cover and cook for 2-3 minutes on a medium heat

Add currants and pine nuts and cook uncovered, stirring well, for 3 minutes or until stems and leaves are tender.

Add salt and pepper to taste.

