

Silverbeet with Rice

Serves: 4

From the Garden: silverbeet, onion, coriander, parsley, lemon

Ingredients:

10 large leaves of silverbeet
1/4 cup e.v. olive oil
1 brown onion
1 tsp paprika
2 tbsp chopped coriander leaves
2 tbsps chopped parsley leaves
1/2 cup short grain rice
1 1/2 tbsp lemon juice

Equipment:

Basic toolbox, medium saucepan, colander

Method:

1. Wash and dry silverbeet leaves thoroughly.
2. Trim off the ends of the silverbeet stalks and discard. Slice the stalks finely and place in a small bowl.
3. Now shred the leaves and place them in another small bowl.
4. Peel and dice onion finely.
5. Measure olive oil and add to medium saucepan. Place onto stove burner and place on medium heat.
6. Add onion and cook for 5 minutes or until onion is soft.
7. Add the silverbeet stalks and paprika and cook for another 5 minutes.
8. Now add the silverbeet leaves, rice and 1/2 cup of water.
9. Turn up the heat to high and stir until the silverbeet leaves begin to wilt.
10. Now reduce heat to low.
11. Add the lemon juice and stir well.
12. Cover pot with lid and simmer gently for 25 minutes or until rice is tender. Stir occasionally if needed. Add more water if it gets too dry.
13. In the last 5 minutes of cooking time add the coriander and parsley.
14. Season with sea salt and freshly ground black pepper if needed.
15. Serves as a hot vegetable accompaniment.

Enjoy!

Tasks within two * __* means please get an adult to help.

Recipe reference: "The Food of Morocco" by Tess Mallos