

Sautéed Silverbeet with Pumpkin

Serves: 4-6

From the Garden: silverbeet, onion/leeks, pumpkin, garlic

Ingredients:

250-300g pumpkin, (after peeling)
1 small brown onion or 1 leek
6-8 large silverbeet leaves
80g pancetta or bacon
1-2 cloves of garlic
Extra virgin olive oil
sea salt and freshly ground black pepper
optional: parsley

Equipment:

Basic toolbox, sauté pan, baking sheet, baking paper, medium bowl, garlic crusher

Method:

1. Preheat oven to 220° C.
2. Wash pumpkin and dry thoroughly. Chop into small pieces (1cm cubes) and place into a medium bowl. Drizzle liberally with extra virgin olive oil. Sprinkle a little sea salt and black pepper over the pumpkin. Toss until pieces are all coated in the oil.
3. Line baking sheet with baking paper. Spread pumpkin over baking sheet. *** Place tray in oven.*** Bake for 35-40 minutes or until golden brown. ***Remove from oven.***
4. *While the pumpkin is cooking...*
5. Wash and thoroughly dry silver beet. Chop into large strips.
6. Peel onion and finely dice and set aside.
7. Peel and crush garlic and set aside.
8. Slice pancetta/bacon into thin strips. If using bacon remove rind first.
9. *When pumpkin is nearly cooked...*
10. Heat olive oil in sauté pan on medium heat.
11. Add onion/leek and saute until translucent. Add garlic and cook for a further 2 minutes.
12. Add pancetta/bacon and saute for 2-3 minutes.
13. Add silverbeet leaves and saute until leaves are wilted.
14. Finally add roasted pumpkin cubes and stir to combine.
15. Taste for seasoning. You will find it probably doesn't need any salt because of the salty of pancetta. But add a nice grinding of black pepper.
16. Serve immediately. Add garnish with chopped parsley or a parsley sprig if you wish.

Enjoy!

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

Recipe reference: created by Jacky Cronin, Wodonga West Primary School