Silverbeet in Olive Oil with Chickpeas & Currants

Fresh from the garden: silverbeet, herbs
Recipe Source: Desley Insall, Kitchen Specialist, Collingwood College

This is a lovely way to use silverbeet and enjoy its fresh, delicate flavour. This mixture can also be used as the filling for a gratin, in which case replace the chickpeas with a handful of toasted pine nuts.

**Ingredients:**
- 10 stalks silverbeet
- 2 onions
- 6 garlic cloves
- extra virgin olive oil – 3 tablespoons
- plus one cup
- 6 cups cooked chickpeas
- ½ cup currants
- lemon zest – equivalent to about a ¼ of a lemon
- handful mixed herbs from the garden (optional)
- salt and pepper, to taste

**Equipment:**
- salad spinner (optional)
- clean tea towels
- chopping board
- small (paring) knife
- large knife
- heavy-bottomed saucepan
- wooden spoon

**What to do:**
- Thoroughly wash the silverbeet, drying it gently in a salad spinner or tea towel.
- With the paring knife, cut the green part of the silverbeet away from the white part (ribs). Keep the green and white parts separate.
- With the large knife, finely chop the onion and garlic.
- Slice and chop the white ribs of silverbeet into small pieces.
- Place the saucepan over medium-low heat and add about 3 tablespoons of olive oil – enough to coat the bottom of the pan with a thin film of oil.
- Tip in the onions and garlic and gently sauté them, but don’t let them colour or start to turn brown. Cook for 2–3 minutes, stirring with the wooden spoon.
- Add the chopped ribs from the silverbeet, stir and continue to cook gently.
- Taking one piece of the green silverbeet, roll it into a tight roll and slice across the roll to form ribbons (this is called ‘shredding’). Do all the leaves the same way.
- Add all the shredded green silverbeet leaves to the onion and garlic mixture in the saucepan, and stir to coat the leaves in the onion and garlic flavoured oil.
- Add a further cup of olive oil to the pan and cook the mixture on low heat, stirring constantly so it doesn’t stick.

When the shredded silverbeet leaves have wilted and the whole mixture has shrunk to half of its original volume, add the chickpeas and currants and cook a further 5 minutes, stirring occasionally.

If using herbs from the garden, such as parsley, basil or thyme, wash and tip or chop them while the vegetables are cooking.

Add a small amount of lemon zest and any herbs, if using. Taste for salt and pepper and add as needed.