



Silverbeet & Spinach Curry

Season: All Year

From the garden: silverbeet, spinach, fresh corriander

Type: side-dish

Difficulty: Medium

Serves: 30 tastes / 8 adults

Recipe source: Laura Cornelius

Equipment	Ingredients (does not have to be exact
Large saucepan or fry pan w. Lid	10 leaves spinach
Chopping board x 3	10 leaves silverbeet
Kitchen knife x 3	2 medium onion
Pestle and mortar	2 garlic cloves
Wooden spoon	200ml coconut cream
Measuring jug	1 tsp Cumin (dry roasted and pounded in pestle and mortar)
Colander	1 level tsp turmeric powder
Small Fry pan (for spices)	1 tsp corriander seed (dry roasted and pounded in pestle and mortar)
Fine grater	1/2 tsp chilli flakes
	1/2 tsp mustard seeds
	1/2 cup veg stock
	1 tsp level salt

How to make it:

1. Gather all ingredients.
2. Peel and dice onion.
3. Fry onion gently in a 2 table spoons of oil for 5 minutes on a medium heat.
4. Wash greens. Pat dry with clean Tea towel. Chop or shred.
5. Meanwhile mince garlic using fine grater.
6. Add garlic and half tea spoon of mustard seeds. Stir 1 min.
7. Add ground spices, chilli and salt and cook for 1 minute.
8. Add spinach and silverbeet and 1/2 cup veg stock.
9. Cook for 5 mins until greens are wilted.
10. Add coconut cream and warm through (can curdle if boiled).
11. Taste and adjust seasoning

To make this a more substantial dish, chickpeas, cubed cooked potatoes, lentils or tofu can be added.

If you like a richer flavour tomato paste can be added at the same time as the greens.

Roasted cashews can be used to garnish this dish.

Can be served with rice (brown is really nice) or with Winter Golden Mash.