

Silver beet with brown lentils & currants

Season: Autumn/Winter

Type: Salad

Difficulty: Easy

Serves: 20 tastes in the classroom
or 6 serves at home

Fresh from the garden: herbs, garlic, lemon, onion, silver beet

Recipe Source: Stephanie Alexander Kitchen Garden Foundation

Adding sweet currants to this simple salad really complements the earthy flavours of the silver beet and lentils. Children can make their own decisions about which fresh herbs from the garden will also go well with these flavours.

Equipment:

medium saucepan
chopping board and knife
clean tea towel
frying pan
wooden spoon
serving bowl
zester
citrus juicer

Ingredients:

3 cups brown lentils
3 ½ L water
3 cloves garlic
1 bay leaf
1 onion
10 stalks silver beet
extra virgin olive oil (for frying
plus ¼ cup for dressing)
½ cup currants
1 lemon
fresh herbs



What to do:

- Put lentils, 1 garlic clove and the bay leaf into the saucepan with the water and a pinch of salt and pepper. Bring to the boil and simmer for 35 minutes, until soft.
- Set out the chopping board and knife. Dampen the tea towel and place it under the chopping board to prevent it from slipping.
- Finely slice the onion. Finely chop 2 garlic cloves.
- Separate the green leaves and white stalks of the silver beet. Slice and chop the white ribs into small pieces. Shred the green leaves.
- Gently sauté the onion, garlic and stalks of silver beet in olive oil for 2–3 minutes. Add to your serving bowl.
- Zest and juice the lemon.
- Add the silver beet leaves, lentils, currants, lemon zest, lemon juice, ¼ cup olive oil and herbs to the serving bowl. Gently mix all ingredients together.
- Season to taste.

