



Silverbeet and Mushroom Pasta Sauce

Source – womensweeklyfood.com.au

Harvest – onion, mushroom, silverbeet, garlic, tomato, basil

Vocab Words – passata, softened, wilts, garnish

Skills – chop, slice, fry

Equipment:

- Metric measuring millilitres and spoons
- Measuring scales
- Chopping boards and grips
- Blue scraps bowls
- Knives
- Frying pan and wooden spoon
- Serving Items – bowls and spoons

Ingredients:

- 1 tablespoon **olive oil**
- 1 **onion**, chopped
- 400 gram **mushrooms**, sliced
- 1 bunch **silverbeet**, stems removed, leaves finely sliced
- 4 cloves **garlic**, finely chopped
- 800 gm can diced **tomatoes** or jar of **passata**
- 1 cup **basil**
- 300ml **cream**
- 100gm **Parmesan cheese**, finely
- Handful of flat-leaved **parsley**, finely chopped, to garnish

What to do:

1. Wash all garden ingredients and prepare all ingredients based on instructions in the 'Ingredients' list.
2. Heat oil in a large frying pan on medium. Cook **onion** for 5 minutes, until softened.
3. Add mushroom and cook for 3-4 minutes, until just softened.
4. Add silverbeet and **garlic** and cook for 2-3 minutes, until silverbeet wilts. Add tomato and basil and season well. Cover and cook for 5 minutes, until silverbeet is tender.
5. Stir in **cream**. Add pasta or gnocchi and toss to combine.
6. Sprinkle with **parmesan** and garnish with parsley and serve.

Notes: