




# Silverbeet and Parmesan Pasta



Equipment	Ingredients
Large pot Frypan Metal bowl Chopping boards Knives Stick blender	<ul style="list-style-type: none"><li>• 500 g packet of spirals pasta</li><li>• 1/2 cup olive oil</li><li>• 10 leaves silver beet (stem removed, leaves chopped)</li><li>• 4 cloves garlic, chopped</li><li>• 1 cup basil and parsley leaves</li><li>• ¼ cup grated parmesan</li><li>• 1 tablespoon lemon juice</li><li>• ½ teaspoon salt</li><li>• Salt &amp; black pepper to taste</li></ul> 

## Directions

Bring a large pot of water to the boil and add pasta. Cook for about 10 minutes until 'al dente'.

While pasta is cooking, prepare the vegetables.

Measure ½ a cup of olive oil in a glass jug then pour 2 teaspoons of the olive oil in a frypan over medium heat; cook and stir the silver beet and garlic in the hot oil until the silver beet leaves have wilted, 3 to 5 minutes. Remove from heat and allow to cool.

Place the basil, parmesan, salt and remaining olive oil in a food processor or metal bowl and blend until all the ingredients are well mixed together.

Add the silver beet mixture and the lemon juice to the food processor and blend until the mixture is pureed. Season with salt and pepper.

Stir the sauce through the pasta and serve.