

**Silverbeet Cream**

**Season:** Any

**Type:** Accompaniment

**Difficulty:** Easy

**Serves:** 2 cups

**Fresh from the garden:** Silverbeet, spring onion

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| **Equipment:**  Chopping board  Chef’s knife  Saucepan  Colander  Blender | * **Ingredients:**   1 ½ cups sour cream  100g silverbeet or other greens  2 spring onions   * 1 clove garlic * salt & pepper |

**What to do:**

1. Wash silverbeet then use a sharp knife to cut down sides of stems. Put stems into compost bin.
2. Place wet silverbeet into a medium saucepan. Cover with a tight-fitting lid and place over low heat. Cook, shaking the pan occasionally, for 2 minutes or until silverbeet is just wilted. Remove from heat.
3. Transfer to a colander and set aside for 5 minutes to cool slightly. Use your hands to squeeze out as much excess liquid as possible. Place the spinach in the bowl of a food processor.
4. Chop spring onions and garlic roughly and add to the food processor.
5. Add sour cream to food processor and blend until smooth.
6. Season with salt and pepper.