

Moroccan-spiced silverbeet



Ingredients:

- 2 tablespoons olive oil
- 1 brown onion, finely chopped
- 3 garlic cloves, crushed
- 1 long fresh red chilli, seeded, finely chopped
- 1 1/2 tablespoons Moroccan seasoning
- 1 tablespoon tomato paste
- 1 bunch (about 800g) silverbeet, stems removed, leaves coarsely chopped
- 1/4 cup chopped fresh coriander
- 400g can chickpeas, rinsed, drained
- 1 tablespoon fresh lemon juice
- Turkish bread, toasted to serve
- Greek-style natural yoghurt, to serve

Method:

- 1) Heat oil in a large frying pan over medium heat. Cook the onion, garlic and chilli, stirring, for 5 minutes or until soft. Add the Moroccan seasoning and tomato paste. Cook, stirring, for 30 seconds or until aromatic. Add the silver
- 2) beet and coriander. Cook, stirring occasionally, for 3 minutes or until coriander is soft. Add chickpeas. Cook, stirring occasionally, for 3 minutes or until silver
- 3) beet wilts. Stir in the lemon juice. Season with salt and pepper.
- 4) Divide silver beet mixture among serving bowls. Serve with the bread and yoghurt.