

Silverbeet and Leek Pasta

Season: Summer

Type: Main

Serves: 32 tastings

From the garden: Silverbeet, leek & oregano



Class focus: Cutting vegetable into thin slices & chopping herb

Equipment:

Large saucepan x 2
Colander x 1
Wooden spoon x 2
Chopping boards and knives
Measuring cups
Measuring spoons
Serving bowl x 5
Serving spoon x 5

Ingredients:

1 x 500g packet of pasta
Hot water from kettle for cooking pasta
1 teaspoon salt

¼ cup olive oil
2 leeks (white part only, finely chopped)
1 handful silverbeet (stems included, thinly sliced)
3 sprigs oregano (leaves only, finely chopped)

¼ cup parmesan cheese

1 teaspoon salt
10 grinds of pepper

What to do:

1. Wash all the vegetables and herb.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. In a large saucepan, cover pasta with hot water from the kettle, add salt and boil until tender, about 10 minutes.
4. Drain and place pasta back into the saucepan.
5. Meanwhile, heat oil in another large saucepan over medium-high heat.
6. Add the vegetables and herb, cook until vegetables are tender, about 5 minutes.
7. Remove from heat.
8. Add vegetable mixture, cheese, salt and pepper onto the pasta, toss well.
9. Serve into 5 large serving bowls with a serving spoon in each.

For vegan / dairy intolerance option:

Add the cheese at the end so you can take a portion out without cheese for the vegan or dairy intolerance students.

For gluten free option:

Use the gluten free pasta provided.