

Brown Lentils with Silverbeet & Currants

Season: All

Serves: 30 tastes in the classroom
or 6 serves at home

Fresh from the garden: bay leaf, garlic, lemon, onion, silverbeet, soft herbs

Adding sweet currants to this simple salad really complements the earthy flavours of the silverbeet and lentils.

Note: Students can make their own decisions about which fresh herbs from the garden will also go well with these flavours.

Equipment:

metric measuring scales,
jug and spoons
clean tea towel
chopping board
cook's knife
zester
juicer
medium-sized saucepan
frying pan
wooden spoon
serving bowl
mixing spoon

Ingredients:

550 g brown lentils
3 garlic cloves, 1 left whole,
2 finely chopped
1 bay leaf
3½ L water
¼ tsp salt, to taste
¼ tsp pepper, to taste
1 tbsp extra-virgin olive oil
plus extra for drizzling
1 onion, finely chopped
10 silverbeet stalks, leaves
and stalks finely chopped
75 g currants
zest and juice of 1 lemon
1 large handful of soft herbs,
roughly chopped



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Place the lentils, whole garlic clove, bay leaf and water into the saucepan. Season with the salt and pepper, then ***bring to the boil and simmer for 35 minutes, until soft.** Remove from the heat, drain if necessary and set aside to cool.
3. Heat 1 tablespoon of olive oil in the frying pan over a medium heat. Add the onion, chopped garlic and silverbeet stalks, and gently sauté for 2–3 minutes. Remove from the heat and transfer to the serving bowl.
4. Add the silverbeet leaves, lentils, currants, lemon zest and juice, soft herbs and a drizzle of olive oil to the serving bowl. Gently mix all of the ingredients together.
5. Season to taste.

***Adult supervision required.**