

SILVERBEET AND DILL RAITA

Equipment needed –

Measuring spoons, small knife, chopping board, 2 medium bowls, scissors, frying pan, saucepan, colander, salad spinner and 3 small serving bowls.

Ingredients from the Garden –

- 20 grams of dill
- 150 grams of small silverbeet leaves

Ingredients from the Pantry –

- 600 g of natural yoghurt
- 2 teaspoons of ground cumin

What to do –

1. Measure out 2 teaspoons of cumin into a small frying pan and heat over a high heat, shaking the pan frequently to prevent the cumin from burning. Heat for 30 seconds or until aromatic. Transfer to a bowl.
2. Wash the silver beet leaves using a salad spinner.
3. Place the silver beet and dill into a saucepan and add 4 tablespoons of water. Cook over a high heat, stirring for 2-3 minutes or until the silver beet wilts. Drain in a colander over the sink and squeeze out any excess liquid. Finely chop the silver beet and dill.
4. Measure out 600g of natural yoghurt into a bowl. Stir in the cumin and the silver beet mixture. Season with salt and mix well to combine.
5. Divide the raita into 3 small serving bowls, cover with glad wrap and place in the fridge until ready to serve.

Serves –

- 28 students.