SILVERBEET AND HERB RAITA



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| **Equipment needed –** |
| Measuring spoons, Measuring cups, small knife, chopping board, 2 medium bowls, frying pan, saucepan, colander |
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| **Ingredients** |
|  2 teaspoons of ground cumin  |
|  1 cup basil leaves |
|  1 cup mint leaves |
|  1 cup silverbeet leaves |
|  600 g of natural yoghurt |
| ½ cup parsley leaves |

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 silverbeet and remove stems from silverbeet leaves. Measure the 1 cup silverbeet leaves.

3.Wash basil and mint. Remove leaves from stems. Place the silver beet and herbs into a saucepan and add 4 tablespoons of water.

4. 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.

6.Wash parsley. Remove leaves from stems and finely chop the leaves. Measure out natural yoghurt into a bowl. Stir in the cumin and the silver beet mixture.

7.Season with salt and pepper and mix well to combine. Add chopped parsley and mix well. Spoon the raita into a clean serving bowl, cover with glad wrap and place in the fridge until ready to serve.