Creamy Pasta with Silver beet Greens

Utensils

chopping board fry pan

vegetable knife garlic crusher

large bowl grater

drainer medium and large pot

wooden spoon

Ingredients

large spiral pasta 500g

2 Tablespoons oil or combined with butter, 1 T each

4 Large Silver beet leaves/ spinach( equivalent )

500ml cream

3 cloves garlic

salt / black pepper

parmesan block

1 onion

serves 6

Method

1. Place large pot of water on to boil with 2 teaspoons salt, for pasta.

2. Peel and crush garlic, chop onions.

5. Add oil to fry pan , sauté onion and garlic. Add greens cook for 5 min.

6. Add cream, cook on low till cream thickens.

7. Season with salt.

8. Grate parmesan

9.Drain pasta, place back in pot and add creamy sauce. Add some parmesan to thicken. You can also add a touch of oil. Serve with extra parmesan and pepper.