

## Rainbow silver beet with sunflower seeds, garlic and raisins

### Ingredients

- 1 bunch rainbow silver beet (750g)
- 2 tablespoon olive oil
- 1 medium piece brown onion (150g), chopped finely
- 2 clove garlic, crushed
- 1/2 cup (85g) raisins
- 1/3 cup (50g) sunflower seeds, roasted
- 1 tablespoon lemon juice

### Method

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- Separate leaves and stems of silver beet; chop coarsely.
- Heat half the oil in large saucepan; cook onion and garlic, stirring, until softened. Add silver beet stems, cook, stirring, until just tender. Add leaves, cook, stirring, until wilted.
- Remove pan from heat, stir in raisins and half the sunflower seeds. Season to taste with salt and pepper. Drizzle with the remaining oil and lemon juice; sprinkle with the remaining pine nuts.