



Beetroot and Silverbeet Pasta

with Poppyseed Yoghurt Sauce



30-40min



2 Portions

There is so much to love about this pasta that pairs two vegetables from the chard family. From the way cooked beetroot stains the bow-ties a majestic purple with no pasta-making required, to how this reminds you of both a salad and a beetroot dip, this is one dish that is sure to be a talking point.

What we send

- farfalle pasta ¹
- feta cheese ⁷
- poppy seeds ¹⁵
- 1 beetroot and 1 lemon
- Greek-style yoghurt ⁷
- silverbeet
- 2 garlic cloves, 1 shallot, chives and tarragon

What you'll require

- extra virgin olive oil
- olive oil
- sea salt and pepper
- sugar
- water

Utensils

- large frypan
- large saucepan

Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Milk (7), Tree Nuts (15).
May contain traces of other allergens.

Nutrition per serving

Energy 765.0kcal, Fat 29.9g, Proteins 27.7g, Carbs 89.3g



1. Prepare ingredients

Bring a large saucepan of salted water to the boil for the pasta. Meanwhile, finely chop the **garlic, shallot** and **chives**. Pick the **tarragon** leaves and finely chop, discarding the stems. Finely grate the **lemon** rind and juice **half the lemon**.



2. Cook pasta

Cook the **farfalle** in the pan of boiling water for 9 mins or until almost al dente. Drain in a colander, reserving 125ml (½ cup) cooking water. Lightly drizzle **farfalle** with **extra virgin olive oil** and keep warm.



3. Prepare vegetables

While pasta is cooking, remove the **silverbeet** leaves from the stems and thinly slice. Halve the stems lengthwise, then thinly slice, keeping the leaves and stems separate. Peel and coarsely grate the **beetroot** into a bowl.



4. Cook beetroot

Heat **half the oil** in a large frypan over medium-high heat. Add **garlic** and **shallot**, and cook, stirring, for 3 mins or until golden. Add **beetroot**, season with **salt and pepper**, and cook, stirring, for 3-5 mins. Add **boiling water** (see staples list), cover and cook for 3 mins. Uncover and cook for a further 2 mins or until beetroot is tender. Cool slightly.



5. Prepare yoghurt mixture

Meanwhile, combine the **yoghurt, lemon zest** and **poppy seeds** in a large bowl. Add cooled beetroot mixture and stir to combine. Heat the **remaining oil** in the same pan over medium heat. Add the **tarragon, sugar** and **silverbeet leaves**, and stir for 2 mins. Add the **silverbeet leaves**, season with salt and pepper, and cook, stirring, for 2-3 mins or until tender.



6. Get ready to serve

Add the beetroot mixture, farfalle, **1 tbs lemon juice** and the reserved cooking water to the silverbeet. Stir until well combined and warmed through. Divide among bowls, crumble over the **feta** and scatter over the **chives** to serve.