



Braised Silverbeet and Chickpeas

with Lemon and Coriander Rice



30-40min



2 Portions

Brimming with nourishing greens and nutty chickpeas and pine nuts, this aromatic tomato-based stew is a creative spin on Middle Eastern and Indian flavours. Served with citrusy brown basmati rice tossed with fresh coriander, this hearty vegetarian dish is the ultimate in wholesome cooking.

What we send

- vegetable stock cubes
- cumin seeds
- 2 garlic cloves, 2 celery stalks, coriander⁹
- silverbeet
- ground coriander
- diced tomatoes
- pine nuts¹⁵
- brown basmati rice
- chickpeas
- lemon
- onion

What you'll require

- butter⁷
- olive oil
- sea salt and pepper
- sugar
- water

Utensils

- large frypan
- medium saucepan
- sieve

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

Allergens

Milk (7), Celery (9), Tree Nuts (15).
May contain traces of other allergens.

Nutrition per serving

Energy 760.0kcal, Fat 22.9g, Proteins 28.0g, Carbs 97.7g



1. Cook rice

Rinse the **rice** well in a sieve, then put in a medium saucepan with the **butter** and **cold water** (see staples list). Cover with a lid and bring to a simmer over medium heat, stirring to combine. Reduce heat to low and cook for 12 mins or until rice is tender and water has absorbed. Remove pan from the heat and stand, covered, for at least 5 mins.



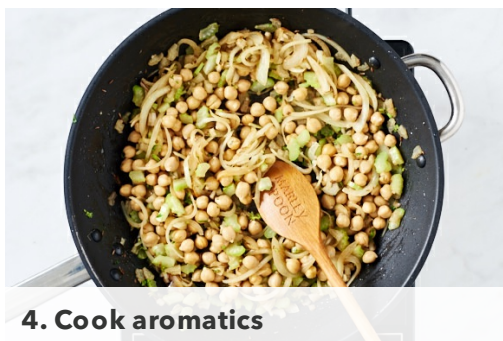
2. Prepare ingredients

While rice is cooking, finely chop or crush the **garlic**. Halve the **onion** and thinly slice. Halve the **celery** lengthwise, then thinly slice. Finely grate the **lemon** rind and juice **half the lemon** (keep remainder for another use). Thinly slice the **silverbeet**, including the stems, keeping the leaves and stems separate.



3. Toast pine nuts

Finely chop **coriander**, including the stems, keeping the leaves and stems separate. Drain and rinse **chickpeas** in a sieve. Put **pine nuts** in a cold, large deep frypan over medium heat. Toast, tossing, for 3-4 mins until lightly golden. Transfer to a bowl to cool.



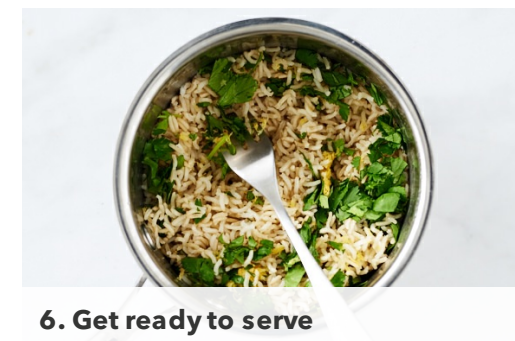
4. Cook aromatics

Heat **oil** in the pan over medium heat. Add **onion**, **cumin seeds** and **ground coriander**. Stir for 3 mins or until softened. Season with **salt**, then stir in **garlic**, **celery**, **silverbeet stems**, **coriander stems** and **chickpeas**. Stir for 2-3 mins. Meanwhile, dissolve **1 stock cube** (keep remainder for another use) with **boiling water** (see staples list) in a heatpro...



5. Add tomatoes

Add **tomatoes** and **stock**, and bring to the boil. Reduce heat to a simmer and cook, stirring occasionally, for 12 mins or until celery has softened. Add the **silverbeet leaves** and cook, stirring, for 3-4 mins until wilted. Stir in **sugar**, **1 tbs lemon juice** and season with **salt and pepper**.



6. Get ready to serve

Fluff up the **rice** and stir in the **lemon zest** and **half the coriander leaves**. Divide rice among bowls and top with the silverbeet mixture. Scatter over the **pine nuts** and the **remaining coriander leaves** to serve.