



# Creamed Silverbeet

**Recipe source:** Taste.com.au

**Season:** Spring

**Type:** Side dish

**Difficulty:** Easy

**Serves:** Serves 8 or 16 as a taste

**Fresh from the garden:** Silverbeet, garlic

Equipment:	Ingredients:
<ul style="list-style-type: none"><li>• Large saucepan</li><li>• Bowls- 1 medium and two small bowls</li><li>• Colander</li><li>• Knife-small</li><li>• Grater- fine</li><li>• Chopping board</li><li>• Measuring cup</li><li>• Serving platter</li></ul>	<ul style="list-style-type: none"><li>• 80g butter</li><li>• 3 garlic cloves</li><li>• 2 bunches silverbeet, leaves removed, washed, roughly chopped</li><li>• 1/4 teaspoon ground nutmeg</li><li>• 1/2 cup thickened cream</li></ul>

## What to do:

1. Crush garlic with a garlic crusher, and scrape this into a small bowl
2. Grate ¼ teaspoon of nutmeg into a small bowl.
3. Melt butter in a large, heavy-based saucepan over medium heat.
4. Add garlic. Cook on low heat for 2 minutes .Be careful not to brown the garlic, as this produces a burnt bitter taste in the garlic.
5. Add roughly chopped silverbeet and nutmeg. Gently stir this in.
6. Simmer for 3 minutes or until silverbeet wilts.
7. Add cream and stir to coat. Bring to the boil. Reduce heat to low. Simmer for 2 minutes or until thickened slightly. Season with salt and pepper. Serve.