



Silverbeet, Chorizo and Beans

List of ingredients

1 tsp oil
1 chorizo sausage, thinly sliced
2 garlic cloves, sliced
1 large onion, in large dice
1 bunch silverbeet, stems removed, leaves chopped
420g can Cannellini beans
salt and pepper

Feeds 4 people.

How to cook the dish

1. Heat the oil in a large frying pan.
2. Cook the chorizo, stirring for 5 minutes or until crisp and golden. Remove and drain on paper towels.
3. Cook the onion and garlic in the pan, stirring for 3-4 minutes until soft. Stir in the silverbeet and cannellini beans. Cook, stirring for 4-5 minutes or until the silverbeet just wilts.
4. Season with salt and pepper.
5. Stir in the chorizo for 1 minute or until heated through.

Serve with crusty bread, rice or pasta.

Tip:

You could use 100g of bacon instead of the chorizo sausage to add flavour.