



Recipe of the Week

MUSHROOMS, SILVERBEET AND LENTILS

Serve as a winter salad or tossed through pasta with feta

Ingredients

10g dried porcini
½ cup puy lentils
1 tab olive oil
2 tabs red wine vinegar
6 – 7 silverbeet, kale, cavalo nero, or spinach leaves, stems removed
250g button mushrooms, stems removed
1 tab butter
2 cloves garlic
2 tabs chopped flat-leafed parsley
1 red chilli, sliced

Method

1. Cover porcini with 1 cup boiling water. Set aside for 20 minutes then drain, reserving liquid, then chop to desired size.
2. Put lentils in a pot and cover with water. Bring to the boil, then reduce the heat and simmer gently for 20 minutes or until tender. Drain and toss lentils with olive oil and vinegar.
3. Blanch silverbeet in boiling salted water for 5 minutes or until tender. Drain, then coarsely chop. Set aside.
4. Heat olive oil in a large pan then fry button mushrooms for 2 – 3 minutes each side. Transfer to a bowl.
5. Add the butter and porcini to the same pan and fry for 2 – 3 minutes until fragrant. Add chopped garlic and parsley and fry for a further minute.
6. Add the reserved porcini soaking liquid, bring to the boil and cook until reduced by half. Return mushrooms to the pan, along with silverbeet. Cook until most of the liquid has absorbed.
7. Toss through the lentils and season to taste with salt and freshly ground black pepper, then serve.