

Dolmades with silverbeet

<p>Ingredients</p> <p>Dolmades with silver beet:</p> <ul style="list-style-type: none">• 1 lemon• 2 x 400g tins tomatoes + 2 cups tomato juice• 500ml water = 6 cups 18 medium to large silver beet leaves• 1 quantity Spicy Rice filling	<p>Equipment</p> <ul style="list-style-type: none">• spoon & cup measures• knife• chopping board• mixing bowls• mezzaluna• frying pan• saucepan• wooden spoon
<p>What to do</p> <ol style="list-style-type: none">1. Fill a saucepan with water and bring to the boil for blanching spinach leaves. Fill a large bowl with cold water to refresh cooked leaves in and place next to stove.2. Juice 1 lemon. Combine the tomato and lemon juice and 2 teaspoons sugar, set aside.3. Cut leaves from the stems and place the stems in the compost bucket.4. Plunge the leaves into boiling water for a few seconds then drop them into the cold water.5. Lay the cooled leaves onto a dry tea towel and continue with the rest of the leaves.6. Lay a dried leaf onto the chopping board and place 2 teaspoons of the rice filling on the leaf about 4cm from the lengthways edge.7. Roll sideways over the filling tucking in the sides of the leaf. Continue to roll firmly to the end.8. Tuck the rolls tightly together in the frying pan	

9. Pour the tomato/lemon mixture over the rolls and place a plate on top to stop them floating
10. Place the frying pan on the stovetop on low to medium heat for about 15 minutes
11. Allow the rolls to cool a little before lifting out onto a serving plate □