

SPRING VEGETABLES WITH CORIANDER BUTTER

From our garden: snow peas, sugar snap peas, asparagus, silverbeet, lemon

NOTES TO STUDENTS and VOLUNTEER:

1. Read this recipe so you understand how to prepare the ingredients.
2. Focus on your peeling and knife skills.

Equipment

- Microplane
- Small mixing bowl
- Large saucepan
- chopping board
- large knife
- small knife
- measuring spoons
- colander
- wooden spoon
- large frypan
- serving bowls and spoons
- oven mitts

Ingredients

- 50g butter
- 1 tablespoon of finely grated lemon zest (not the pith – white)
- 1 teaspoons ground coriander
- 1 bunch asparagus
- Small basket of snow peas
- Small basket of sugar snap peas
- Small bunch of silverbeet leaves
- Sea salt flakes and freshly ground black pepper

What to do

- Place a large pot of water onto the stove and bring to the boil.
- Zest the lemon
- In a small mixing bowl soften the butter in the microwave and then add the lemon zest, coriander, salt and pepper.
- Wash and trim the asparagus and cut on the diagonal.
- Wash and trim the snow peas and cut on the diagonal.
- Wash and trim the sugar snap peas.
- Wash and trim the silverbeet leaves and roughly chop including tender stalks.
- Add the asparagus, snow peas and sugar snap peas to the pot of boiling water and cook for 2 minutes or until the vegetables are crisp and tender.
- Drain the vegetables well in a colander.
- Transfer to the frypan and add the coriander butter and chopped silverbeet.
- On a gently heat toss until the silverbeet begins to wilt.
- Season with more salt and pepper if required and serve immediately.