

Name of Recipe: Tomato & Chard/Silver-beet Napoli sauce

Volunteer Notes: This sauce is for the pasta. Your group may also make pasta dough or set the table-seek instructions.

From our garden: bay-leaves, thyme, oregano, rainbow chard, silver-beet, kale, parsley, celery

What to collect	What to do
1 x large thick base Pot 80 ml X.V olive oil 1 x onion, peeled and cut into ½ and sliced finely 3 x garlic clove, peeled & chopped finely 3-4 x young celery stalks + leaves, washed & cut finely	In a pot, add measured oil, chopped garlic, onion, celery, stalks and cooked gently 6-7 minutes until soft.
500 ml peeled tomatoes-crush them 200 ml water 3-4 bay leaves Parsley/thyme/oregano- pick/wash/spin dry & chop salt/pepper	Add the tomato, bay-leaves, herbs, water. Bring sauce to the boil. Turn to simmer and cook 20 minutes at least. Stir occasionally, taste and season.

Small basket of-Chard/silver-beet/spinach/kale-washed, spun dry.
(Finely cut stalks & shred the leaves)

Prepare the greens, trim off the stalks, wash well and check for bugs. Finely chop the stalks and roll and shred (chiffonade) the leaves. Add shredded green leaves and cook 2-4 minutes before sauce is finished.

- Season with salt & pepper-Taste.
- Give sauce to the pasta section .