

Palusami

Serves: 10

Prep time: 10 minutes

Cook time: 60 minutes



1 serve per portion

Ingredients

2 garlic cloves, minced
270mL can light coconut milk
270mL can light coconut cream
2 teaspoons sriracha hot sauce
Salt and pepper, to taste
1 bunch of silver beet, stems separated
280g bag baby spinach
1 white onion, thickly sliced

Method

PREHEAT oven to 180°C.

MIX the crushed garlic, coconut milk and cream, sriracha and salt and pepper in a bowl to make a sauce.

CHOP the silver beet leaves into 3 large and place half in the bottom of a baking dish. Top with half of the sliced onion and silver beet stems.

POUR a third of the coconut sauce over the onions and silver beet.

ADD all of the spinach in one layer over the onion and silver beet then pour another third of the coconut sauce evenly over the top.

ADD the remaining silver beet leaves and stems topped by the last of the onion slices then pour over the remaining coconut sauce.

WRAP tightly in two layers of foil and bake for 1 hour.

SERVE a side dish to accompany meats or BBQ mains.



Everyday Food

Recipe courtesy of the Country Kitchens 2026 Country of Study Collection - Samoa