

Silverbeet



Available

All year round.

Buy

Choose crisp green leaves with firm stalks.
Avoid leaves that are wilted or damaged.

Store

In plastic bags in the fridge.

Prepare



Wash stalks
and leaves.



Slice stalks.



Remove centre
stalks and slice.



Slice leaves.

Cook

Can be:



Boiled



Steamed



Stir-fried

Added to:

- Soups
- Stews
- Baked dishes



Baked frittata

(serves 4)

Ingredients

- 1 tablespoon canola oil
- 1 onion, peeled and diced
- 4 eggs
- 1 cup milk
- 4 cups grated kūmara
- 2-3 leaves silverbeet, finely sliced
- Ground pepper to taste

Method



1 Heat oil in a large pan, add onion and cook until clear.



2 Beat eggs and milk in a large bowl.



3 Add grated kūmara and cooked onion.



4 Add finely sliced silverbeet.



5 Mix well and place in an oven dish. Bake at 180°C for 1 hour or until the mixture is set and golden brown.

For more easy, fast and affordable food ideas visit healthykids.org.nz/eat/recipes, vegetables.co.nz or heartfoundation.org.nz/recipes