

# 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.

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