

# Fruit & Vege Co-op



## Silverbeet

STORAGE	PREPARATION
In a plastic bag in the refrigerator for up to one week.	<ul style="list-style-type: none"><li>- Wash silverbeet in cold water.</li><li>- Break or slice the leaves off the thick white stems. Slice both the leaves and the stems, keeping them separate (stems take longer to cook).</li></ul>
ADD FLAVOUR	VEGE UP
<ul style="list-style-type: none"><li>- Pan fry silverbeet stems with garlic, onion and bacon. Add the leaves and cook for 2 minutes.</li><li>- Fry ½ diced onion in 1 tsp oil and add sliced silverbeet and a tin of canned tomatoes.</li></ul>	<ul style="list-style-type: none"><li>- Add both leaves and stems to stir fry, soups, casseroles, curries and pasta sauces.</li><li>- Add silverbeet leaves as a layer in a lasagne dish.</li><li>- Steam silverbeet and squeeze dry then add to a frittata or quiche.</li></ul>
COOKING	
<ul style="list-style-type: none"><li>- Boil stems in water for 2 minutes then add the leaves and cook for a further 2 minutes.</li><li>- Steam stems over boiling water for 3 minutes, add leaves and cook for a further 2 minutes.</li><li>- Stir fry stems in a little oil for 1 minute, add the leaves and cook for another 2 minutes.</li><li>- Microwave in a covered dish with 2 Tbsp water for 4-6 minutes.</li></ul>	

### RECIPE: Silverbeet, Potato and Bacon Frittata (Serves 4)

- 3 large cooked potatoes
- 8 eggs
- 1 onion, diced
- 8 lean bacon rashers, diced
- ½ cup low fat cheese (Edam)
- 1 bunch silverbeet leaves, finely chopped



**FACT:** Silverbeet is high in vitamin A which helps with vision!

1. Cook the silverbeet in the microwave for 1 minute, or place in boiling water for 2 minutes and cool under cold water.
2. Beat the eggs together and set aside.
3. Slice the potatoes into round slices.
4. In a large saucepan, fry the onion and bacon in a small amount of oil until soft. Add the potatoes to the pan. Toss together, and then spread the silverbeet leaves over the top.
5. Pour in the eggs over the top of the mixture and tip the pan to distribute the mixture evenly.
6. Cook the frittata over moderate heat, or bake in the oven at 180°C until the egg is set.
7. Sprinkle the cheese over the top and place under a hot grill for 5 minutes, ensuring the cheese is melted and lightly browned.

All recipes are available on our website by visiting [www.rph.org.nz](http://www.rph.org.nz) > Nutrition > Fruit and Vege Co-op