


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">- Wash silverbeet in cold water.- 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).
ADD FLAVOUR	VEGE UP
<ul style="list-style-type: none">- Pan fry silverbeet stems with garlic, onion and bacon. Add the leaves and cook for 2 minutes.- Fry ½ diced onion in 1 tsp oil and add sliced silverbeet and a tin of canned tomatoes.	<ul style="list-style-type: none">- Add both leaves and stems to stir fry, soups, casseroles, curries and pasta sauces.- Add silverbeet leaves as a layer in a lasagne dish.- Steam silverbeet and squeeze dry then add to a frittata or quiche.
COOKING	
<ul style="list-style-type: none">- Boil stems in water for 2 minutes then add the leaves and cook for a further 2 minutes.- Steam stems over boiling water for 3 minutes, add leaves and cook for a further 2 minutes.- Stir-fry stems in a little oil for 1 minute, add the leaves and cook for another 2 minutes.- Microwave in a covered dish with 2 Tbsp water for 4-6 minutes.	
RECIPE: Island Chop Suey (Serves 8-10)	
<p>1 packet (240g) bean thread vermicelli 1 cup boiled water 1 Tbsp canola oil 1kg diced lean beef or pork 4 cloves garlic, crushed 1 tsp finely chopped ginger 2 onions, chopped 800g prepared vegetables (carrots, celery, broccoli, capsicum, cauliflower, cabbage, silverbeet etc) 2 Tbsp water 1 Tbsp reduced salt soy sauce</p>	<p><i>Source: Kai Lelei Recipes for Large Families</i></p>  <div data-bbox="1161 1227 1465 1429" style="border: 1px solid red; padding: 5px;"><p>FACT: Silverbeet is high in vitamin A which helps with vision!</p></div>
<ol style="list-style-type: none">1. Place the vermicelli in a bowl and cover with hot water and soak until soft, drain and cut into 20 cm lengths with clean scissors.2. Heat the oil in a large frying pan or wok and add the meat, garlic, ginger, onion and vegetables.3. Stir-fry for 4 – 5 minutes then add the vermicelli, water and soy sauce to the meat.4. Simmer for 15 minutes or until the meat is tender.5. Serve with salad.	

All recipes are available on our website by visiting www.rph.org.nz > Nutrition > Fruit and Vege Co-op

