

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: Silverbeet Noodles (Serves 4) <i>Adapted from vegetables.co.nz</i>	
4 cups water 1 bunch of silverbeet 200g instant noodles 2 tsp vegetable oil 2 tsp soy sauce 2 tsp sweet chilli sauce or tomato sauce	
<ol style="list-style-type: none">1. In a large pot bring the water to the boil. Tear the leaves from the stalks and put into the boiling water until they begin to soften. Remove with a slotted spoon and set aside in a large bowl.2. Add the noodles to the boiling water and cook until tender. Drain the noodles and place with the silverbeet.3. In a separate bowl combine the vegetable oil, soy sauce and sweet chilli or tomato sauce. Whisk with a fork to mix thoroughly and pour over the silverbeet and noodles.	

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