

# Silverbeet

<b>Store</b>	In a plastic bag in the refrigerator.
<b>Prepare</b>	<ul style="list-style-type: none"> <li>Wash thoroughly in cold water.</li> <li>Separate the leaves from the thick white stems.</li> <li>Slice both the leaves and stems keeping them separate.</li> </ul>
<b>Cook</b>	<ul style="list-style-type: none"> <li>The stems take longer to cook so boil stems in lightly salted 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, then add leaves and cook for a further 2 minutes.</li> <li>Stir fry stems in a little oil for 1 minute, then add the leaves and cook for 2 minutes.</li> <li>Microwave in covered dish with 2 tablespoons of water for 4 - 6 minutes.</li> </ul>
<b>Add Flavour</b>	<ul style="list-style-type: none"> <li>Pan fry finely chopped leaves with diced onion and diced bacon.</li> <li>Lightly fry silverbeet with a little margarine and add chopped fresh tomatoes.</li> <li>Fry diced onion in a little oil, add sliced silverbeet and add a tin of Indian flavoured tomatoes.</li> </ul>
<b>Vege Up</b>	<ul style="list-style-type: none"> <li>Add to stir fry vegetables, soups, casseroles and tomato based pasta sauce.</li> <li>When making lasagne steam silverbeet and add as a layer between meat and pasta or kidney beans and pasta.</li> <li>Steam silverbeet and squeeze dry, then add to frittata or quiche.</li> </ul>

# Recipe Ideas

<b>Silverbeet Quiche</b>	1 bunch silverbeet, washed ½ cup flour ¾ cup trim milk Salt and pepper	1 onion, diced ½ teaspoon baking powder 4 eggs, beaten ½ cup grated edam cheese	
	<ul style="list-style-type: none"> <li>Pre heat oven to 180°C and lightly grease a 20cm pie dish.</li> <li>Slice silverbeet stems and leaves thinly and steam until tender.</li> <li>Cool and squeeze to remove water.</li> <li>Fry onion in a little oil or margarine until soft but not brown, then place with silverbeet on bottom of dish.</li> <li>Mix remaining ingredients together and pour over the vegetables.</li> <li>Bake for 20 - 30 minutes or until eggs are set.</li> </ul>		
<b>Quick Curry</b>	2 teaspoons oil 1 clove garlic, crushed 1 cup red lentils 1 can Indian flavoured tomatoes	1 onion, diced 1 knob ginger, grated (optional) 2 cups water 1 bunch silverbeet, washed	
<ul style="list-style-type: none"> <li>Soften onion, garlic and ginger in oil.</li> <li>Add lentils, water, tomatoes and sliced silverbeet stalks, salt and pepper.</li> <li>Simmer for 20 minutes or until water is absorbed and lentils are tender.</li> <li>Add silverbeet leaves and cook 5 more minutes.</li> <li>Serve with rice and top with chopped coriander if desired.</li> </ul>			