

SILVERBEET



PREPARATION



- 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



- 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.

STORAGE



- Store in a plastic bag in the refrigerator for up to one week.

VEGE UP



- 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



- Boil in water for 2 minutes then add the leaves and cook for a further 2 minutes.
- Steam over boiling water for 3 minutes, add leaves and cook for a further 2 minutes.
- Stir-fry stems in a little oil for 1 minutes, add the leaves and cook for another 2 minutes.
- Microwave in a covered dish with 2 Tbsp water for 4-6 minutes.