Silverbeet

RECIPES

DON'T CALL ME SPINACH! -

Silverbeet and yoghurt dip



Total preparation and cooking time: 15 minutes



Makes 2 tubs



Dip can be frozen in portions

WHAT YOU NEED

1 tbsp. olive oil

1 brown onion, finely chopped

2 garlic cloves, finely chopped

1 bunch of silverbeet – stems removed, leaves roughly chopped

½ lemon, juiced

½ tsp. ground nutmeg

3/4 cup natural or Greek yoghurt





On a stove top, heat oil in a frying pan over a medium heat. Add onion and garlic, cooking until soft.



Add silverbeet to fry pan, stir in and cook until softened and reduced in volume.



Add lemon juice and nutmeg, stirring through mixture.



Remove from heat and allow to cool, then stir through the yoghurt.



Serve with veggie sticks and crackers or warm bread.







Creamy silverbeet soup

Silverbeet and ricotta parcels



Total preparation and cooking time: 60 minutes



Makes 24 triangles



Parcels can be frozen

removed, leaves roughly chopped

½ cup pine nuts, toasted

1 egg, lightly beaten

1 lemon rind, finely grated

2 tbsp. olive oil

8 sheets filo pastry

1 bunch of silverbeet, stems

1 Granny Smith apple, grated (no need to peel)

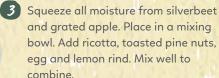
500g ricotta cheese



1 Pre-heat the oven to 180° C. Cover 2 flat, baking trays with baking paper.



On a stove top, boil a small pan of water and add silverbeet for 30 seconds or until just wilted. Drain and rinse (refresh) under cold water.





Brush pastry lightly with oil. Place a tablespoon of silverbeet mixture in one corner of file and fold across diagonally, creating a triangle. Continue folding along the strip, keeping the triangle shape. Brush final triangle with oil and place on baking tray. Continue with remaining pastry and mixture.

Bake for 20-25 mins, or until golden and crisp.



1 tbsp. olive oil

1 brown onion, finely chopped

2 celery stalks, finely sliced

2 garlic cloves, finely chopped

4 cups salt-reduced vegetable stock

2 large potatoes, peeled and chopped

1 bunch of silverbeet, stems removed, leaves roughly chopped

1 cup natural or Greek yoghurt



On a stove top, heat the oil in a large saucepan over a medium heat. Add the onion, celery and garlic. Cook until the onion is soft.

Total preparation and cooking time: 30 minutes

Soup can be frozen

Serves: 4-6



Add the stock and bring to the boil.



Add the potato, bring to the boil again and then reduce heat and simmer for 10 mins until potato is soft.



Add silverbeet and cook for 2 mins, until just wilted.



Remove from heat and cool before blending.

Stir in yoghurt, warm through and then serve with crusty bread



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