

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

¾ cup natural or Greek yoghurt

HOW TO MAKE IT:



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



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



- 3 Add lemon juice and nutmeg, stirring through mixture.



- 4 Remove from heat and allow to cool, then stir through the yoghurt.
- 5 Serve with veggie sticks and crackers or warm bread.



FUN FACT:

Silverbeet comes from the same family as beetroot!



MY LEAVES & STALKS ARE EDIBLE!



Creamy silverbeet soup

WHAT YOU NEED:

- 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

HOW TO MAKE IT:



- 1 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.



- 2 Add the stock and bring to the boil.



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



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

- 5 Remove from heat and cool before blending.

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

Silverbeet and ricotta parcels



Total preparation and cooking time: 60 minutes



Makes 24 triangles



Parcels can be frozen

WHAT YOU NEED:

- 1 bunch of silverbeet, stems removed, leaves roughly chopped
- 1 Granny Smith apple, grated (no need to peel)
- 500g ricotta cheese
- ½ cup pine nuts, toasted
- 1 egg, lightly beaten
- 1 lemon rind, finely grated
- 8 sheets filo pastry
- 2 tbsp. olive oil

HOW TO MAKE IT:



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



- 2 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.



- 3 Squeeze all moisture from silverbeet and grated apple. Place in a mixing bowl. Add ricotta, toasted pine nuts, egg and lemon rind. Mix well to combine.

- 4 Place 1 sheet of filo pastry onto a work surface. Cut into 3 long strips. Keep remaining sheets of pastry covered with a damp tea towel so they don't dry out.

- 5 Brush pastry lightly with oil. Place a tablespoon of silverbeet mixture in one corner of filo 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.

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



GREAT HOT
OR COLD

PERFECT FOR
LUNCHBOXES!