

SILVERBEET AND SAGE FRITTATA

From our garden: silverbeet, sage, eggs

NOTES TO STUDENTS and VOLUNTEER:

1. Work as a group to make this recipe.
2. Thoroughly wash the silverbeet leaves.
3. Focus on your knife skills when cutting the vegetables.
4. Pay particular attention to the presentation of your dish by cutting into even wedges.

EQUIPMENT

Large mixing bowl
Whisk
Measuring jug
Grater
Measuring cups
Measuring spoons
Chopping board
Large knife
Salad spinner
Large frying pan
Wooden spoon
2 rectangle baking dishes
2 serving platters

INGREDIENTS

10 eggs
300mls cream
½ cup tasty cheese
1 tablespoon olive oil
4 spring onions
Small bunch of silverbeet leaves
¼ cup sage
½ teaspoon nutmeg
Salt and pepper
Butter for greasing

WHAT TO DO

- Preheat oven to 180°C or 350°F. Grease the baking dishes with butter.
- Separate the silverbeet leaves from the stem by slicing along each side of the thick central stem.
- Thoroughly wash and gently spin dry in salad spinner.
- Roll leaves and finely chop silverbeet.
- Trim, peel and finely slice the spring onions.
- Wash and coarsely tear the sage into small pieces.
- Heat olive oil in a large frying pan over medium heat.
- Add silverbeet and spring onion and cook, stirring occasionally until wilted.
- Set aside to cool.
- Grate the tasty cheese.
- In a large bowl whisk the eggs, cream, nutmeg, salt and pepper.
- Divide silverbeet mixture between the 2 greased baking dishes.
- Divide egg mixture between the 2 greased baking dishes.
- Sprinkle with the grated cheese.
- Bake for 15- 20 minutes or until the frittatas are firm and lightly golden brown.
- Wash up any utensils while waiting and clean workspace.
- Remove from the oven and allow to cool slightly before cutting into wedges.
- Divide onto 2 serving platters and serve warm or cold.