Silverbeet Frittata

Serves: 6 at home or 10 tastes in the classroom

Fresh from the garden: onions, garlic, spinach, parsley, eggs.

Once you know how to make a frittata you will think of many variations.

**Equipment:**
- Colander
- Chopping board
- Knives – 1 small, 1 large
- Bowls – 1 small, 1 medium, 1 large
- Large saucepan
- Metric measuring spoons & cups
- Wooden spoon

**Ingredients:**
- 2 large silverbeet or spinach leaves
- ½ onion
- 2 cloves garlic
- 1 teaspoon salt
- 12 stalks parsley
- 4 eggs
- Freshly ground black pepper
- ½ cup extra-virgin olive oil
**Equipment:** (Cont’d)
- Tea towel
- whisk
- Large non stick frying pan with lid
- Kitchen paper
- Egg lifter
- Large plate

**What to do:**
Set out the chopping board and knives. Peel the onion and cut in half from top to bottom. Place the two halves flat-side down on the chopping board and thinly slice into half-rings. Put the onion into the small bowl. Peel and slice the garlic and add to the onion. Cut silverbeet/spinach leaves into 5 mm thick slices. Place all vegetable scraps in the compost bin.

Fill the saucepan with water, add the salt and bring to the boil. Carefully place silverbeet/spinach into the saucepan and stir once with the wooden spoon. Cook for five minutes.

Set the colander in the sink. Tip the silverbeet or spinach and boiling water into the colander. Transfer the silverbeet or spinach to the large bowl.

Rinse the parsley, dry by rolling in the tea towel, then chop roughly and add to the bowl with the broccoli. Break the eggs into the medium bowl, season with salt and pepper and whisk.
What to do: (Cont’d)

Pour half of the oil into the frying pan and place over a medium heat. Add the onion and garlic and sauté, stirring with the wooden spoon, for 5 minutes. Tip the onion and garlic into the large bowl with the silverbeet/spinach. Add the whisked eggs and stir well with the wooden spoon.

Use kitchen paper to wipe out the frying pan, and then add the remaining oil and heat over a high heat. When the oil is hot, carefully pour the egg and vegetable mixture into the pan. The mixture should puff and frill at the edges as soon as it hits the hot frying pan. Reduce the heat to low and cook for 5 minutes or until the bottom is set and golden brown – check this by lifting the edges with the egg lifter to see underneath. The top should still be moist.

Place the plate on top of the pan and quickly flip the pan over so that the unfinished frittata is now on the plate. Slide the frittata back into the pan with the uncooked side on the bottom. Return the pan to the heat and cook for another 5 minutes or until the bottom is golden brown. Alternatively, you could cook the top of the frittata by heating the grill to high and sliding the pan underneath or 3-4 minutes.

Rinse and dry the chopping board, slide the frittata onto the chopping board, cut into neat wedges and serve straightaway.