



Cheesy beet burgers

From Devonport Primary School

When the school garden treated East Devonport Primary to a bumper crop of silverbeet, the students knew just what to do – they rolled up their sleeves and cooked up a storm! Over a few sessions, they prepared and froze batches of this tasty mixture until they had enough to make 200 delicious burgers, feeding the entire school. But the silverbeet didn't stop growing... so the students got creative, rolling their burger mix into golfball-sized beet balls (pictured!) and serving them up with a rich Napoli sauce.

Fresh from the garden: silverbeet.

INGREDIENTS

25 large leaves of silverbeet,
leaves only, no stems
1 egg
1½ cups dried breadcrumbs
1 tablespoon vegetable stock paste
or stock powder
½ cup grated Parmesan cheese
1 cup grated cheese (try Tasty or Colby)
Salt and pepper, to taste
½ cup breadcrumbs, extra, for coating
Oil for shallow frying

TO SERVE

Buns
Tomato relish
Salad or slaw

Wash and inspect silverbeet leaves. Pat leaves dry or spin in a salad spinner to remove all moisture.

Chop in a food processor to produce a fine pulp (produces approximately 2 cups of pulp).

Place silverbeet pulp into a large mixing bowl. Add egg, stock paste or powder, grated Parmesan, grated cheese, salt and pepper. Mix thoroughly.

Gradually add breadcrumbs to form a firm mix (mix should hold together and not crumble). Roll into a ball and flatten to burger shape (approximately 1–1.5cm thick). Coat in breadcrumbs.

Shallow fry in oil for approximately 2 minutes each side until golden.

To serve, cut the buns in half. Place a burger patty on the base of each, and top with your favourite salad ingredients or slaw. Add a spoonful of relish, then top with the other half of the bun. Serve straight away.

MAKES 8-12 BURGER PATTIES