

Silverbeet, Leek & Feta Slice

Season: All

Serves: 12 serves at home or 30 tastes in the classroom

Fresh from the garden: leeks, mint, parsley, silverbeet

Equipment:

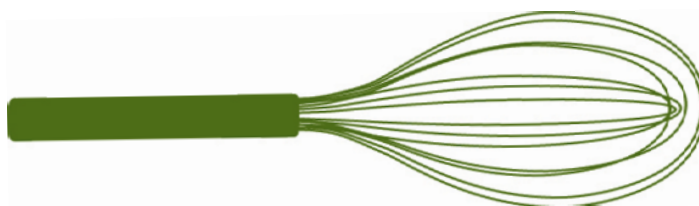
metric measuring scales, cups and spoons
clean tea towel
chopping board
cook's knife
fine grater
2 slice pans or baking dishes (16 x 26 cm base measurement)
baking paper
non-stick frying pan
bowls – 1 small heat-proof, 1 large, 1 medium
wooden spoon
sifter
whisk
spatula

Ingredients:

4 leeks, with green stalks removed
4 tbsp olive oil
2 bunches of silverbeet, washed, stems removed, and leaves and stems finely chopped
1 handful of parsley, finely chopped
1 handful of mint, finely chopped
120 g parmesan, finely grated
180 g feta, crumbled
½ tsp freshly ground black pepper
¼ tsp sea salt
1 cup self-raising flour
12 eggs, lightly beaten
½ cup milk

What to do:

1. Preheat the oven to 200°C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Grease the slice pans with 1 tablespoon of oil, and line the pans with baking paper.
4. Halve the leeks, wash well, dry and then slice thinly.
5. Heat 1 tablespoon of oil in the frying pan on a low heat and cook the leek for 5 minutes until soft.
6. Stir in the silverbeet stems, cook for 3–4 minutes, then add the silverbeet leaves and cook until softened. Spoon the mixture into the heat-proof bowl and set it aside to cool.



7. Place the herbs, parmesan and feta into the large bowl and add freshly ground black pepper and sea salt.
8. Add the silverbeet mixture to the bowl and stir to combine.
9. Place the sifter over the bowl, sift in the flour and gently fold the ingredients together.
10. In the medium bowl, whisk the eggs and milk together, and pour them into the silverbeet mixture, gently stirring to combine.
11. Scrape the mix into the prepared pans and smooth the tops with the spatula.
12. Bake for 30 minutes or until the slices are set and looking golden brown.
13. Leave to stand for 10 minutes before turning them out onto a board. Allow to cool, then slice and serve.

