

# Silverbeet, Leek & Feta Slice

**Season:** Autumn/Winter/Spring

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

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

## Equipment:

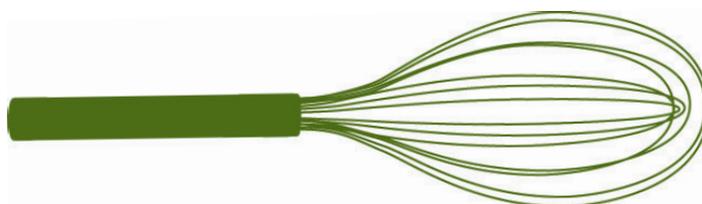
metric measuring spoons  
and scales  
clean tea towel  
chopping board  
cook's knife  
fine grater  
2 slice pans or baking dishes  
(16 cm x 26 cm base  
measurement)  
baking paper  
non-stick frying pan  
wooden spoon  
bowls – 1 small heat-proof,  
1 large, 1 medium  
mixing spoon  
sieve  
whisk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

## Ingredients:

2 tbsp olive oil  
4 leeks, white part only, halved  
and thinly sliced  
2 bunches of silverbeet, stems  
removed, 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  
¼ tsp sea salt  
½ tsp freshly ground black pepper  
150 g self-raising flour  
8 eggs  
½ cup reduced-fat milk

## What to do:

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



7. Combine the herbs, parmesan, feta, salt and pepper in the large bowl.
8. Add the cooled silverbeet mixture to the bowl and stir to combine.
9. Place the sieve over the bowl, sift in the flour and gently fold the ingredients together.
10. In the medium-sized bowl, whisk the eggs and milk together, then pour into the silverbeet mixture, gently stirring to combine.
11. Spoon the mixture into the prepared pans or dishes and smooth the tops with the spatula.
12. Bake for 30 minutes or until the slices are set and golden brown.
13. Leave to cool for 10 minutes before turning out onto the wooden board. Allow to cool, then slice and serve.

