



Silverbeet Fritters

What to collect	
Ingredients	Equipment
400g silverbeet leaves, stalks removed	chopping board
30g flat leaf parsley	knife
20g coriander	grater
1 teaspoon nutmeg, freshly grated	scales
½ teaspoon sugar	metric measuring spoons/cups
3 tablespoons plain flour	saucepan
2 cloves garlic, finely chopped	food processor
2 eggs	frying pan
80g feta, crumbled	
salt/pepper	
olive oil for frying	
lemon wedges for serving	

What to do

1. Simmer the silverbeet leaves in a pan of salted boiling water for 5 minutes.
2. Drain and squeeze dry and then place in a food processor with the herbs, nutmeg, sugar, flour, garlic, eggs and season with salt/pepper.
3. Fold in the feta by hand.
4. Fry in a little oil over medium heat, for 3-4 minutes or until they are golden.
5. Transfer to kitchen paper and repeat process.
6. Serve hot with lemon wedges.