Silverbeet Frittata

Season: Winter
Type: Savoury
Difficulty: Medium
Serves: 6 people or 10 tastes in the kitchen
Fresh from the garden: onions, garlic, spinach, parsley, eggs.
Recipe source: adapted from Whalan Public School recipe on school website
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
- Tea towel
- whisk
- Large non stick frying pan with lid
- Kitchen paper
- Egg lifter
- Large plate

Ingredients:
- 2 large Silverbeet
- 1/2 onion
- 2 cloves garlic
- 1 teaspoon salt
- 12 stalks parsley
- 4 eggs
- Freshly ground black pepper
- 1/2 cup extra-virgin olive oil

What to do:
1. 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 leaves into 5 mm thick slices. Place all vegetable scraps in the compost bin.

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

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

4. Rinse the parsley, dry by rolling in the tea towel, then chop roughly and add to the bowl with the silverbeet. Break the eggs into the medium bowl, season with salt and pepper and whisk.

5. 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. Add the whisked eggs and stir well with the wooden spoon.

6. 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.

7. 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 for 3-4 minutes.

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