

Silverbeet, Leek and Feta Slice

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| <p>Equipment:</p> <p>Metric measuring spoons Chopping board Cook's knife Fine grater 2 slice pans or baking dishes Baking paper Non-stick frying pan Wooden spoon Bowls – 1 small heat-proof, 1 large, 1 medium mixing spoon Whisk Spatula Wooden board for serving</p> | <p>Ingredients:</p> <p>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 large handful of parsley, finely chopped 1 large handful of mint, finely chopped 1 cup of parmesan, finely grated 200 g feta, crumbled or chopped into small pieces ½ tsp sea salt ½ tsp freshly ground black pepper 2 cups of self-raising flour 10 eggs ¾ cup reduced-fat milk</p> |
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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.
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. Stir 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 20 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.