



# Cheesy beet burgers

Recipe by Cassie Smith, Kitchen Specialist at East Devonport Primary School

## INGREDIENTS

- 25 large leaves of silverbeet (chard) leaves only
- 1 egg
- 1 ½ cup dried breadcrumbs
- 1 tbs veg stock paste or veg stock powder
- ½ cup grated parmesan cheese
- 1 cup grated cheese
- Salt and pepper to taste
- ½ cup breadcrumbs for coating
- Oil for shallow frying

## DIRECTIONS

1. Remove the leaves from the stems of the silverbeet
2. Wash and inspect silverbeet leaves
3. Pat leaves dry or spin in a salad spinner to remove all moisture
4. Chop in a food processor to produce a fine pulp (produces approx. 2 cups of pulp)
5. Place silverbeet pulp into a large mixing bowl
6. Add egg, stock paste/powder, grated cheese, parmesan, and salt and pepper then mix thoroughly.
7. Gradually add breadcrumbs to form a firm mix (mix should hold together and not crumble)
8. Roll into a ball and flatten to burger shape (approx. 1-1.5 cm thick)
9. Coat in breadcrumbs
10. Shallow fry in oil for approx. 2mins each side until golden
11. Serve in burger bun and with relish of choice.



## Sundays

with Lucie Cutting

on 936AM and the ABC listen app



# Cheesy beet balls

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## DIRECTIONS

1. Use same burger mix recipe
2. Simply roll balls into golf ball size balls and shallow fry.
3. Serve with a Napoli Sauce or bake with Napoli sauce and top with grated cheese.



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