



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
- 1tbs 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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