

Silverbeet

Silverbeet is similar to spinach but larger, with a stronger flavour. The main variety of silverbeet has a white stalk but coloured varieties are also available.

01 Storage

Store in vegetable draw of fridge.

02 Preparation

Wash leaves and stalk under running water to remove any dirt. We recommend removing the white stems by running a knife down either side.



04

Nutrition

Silverbeet is a good source of vitamins A, C, B6 and K (important for helping your blood to clot). It also contains riboflavin and folate and minerals such as potassium (which helps to regulate blood pressure) and manganese (involved in the regulation of brain and nerve function).

03

Use

One way we like to cook silverbeet is to sauté the leaves in olive oil and minced garlic (from one clove). This makes a nice side for most meals. For another example on how to use silverbeet, see recipe on the other side of this card.



**Mansfield Fresh
Food Drive**

Silverbeet coleslaw with sticky chicken



INGREDIENTS

- 6 Chicken Thigh Fillets, fat trimmed
- 2 tbs honey
- 1 tbs soy sauce
- 2 1/2 tbs sriracha or chilli sauce
- 1 tbs kecap manis
- 1 bunch silverbeet, stems trimmed, finely shredded
- 1/4 red cabbage, finely shredded
- 1 head baby cos lettuce, finely shredded
- 1 Granny Smith apple, cut into matchsticks
- 1 carrot, peeled, cut into long matchsticks
- 1/2 cup (140g) Greek-style yoghurt

METHOD

Step 1

Preheat oven to 200°C. Line a large baking tray with baking paper. Combine chicken, honey, soy sauce, 1 1/2 tbs sriracha or chilli sauce and 3 tsp kecap manis in a large bowl. Set aside for 15 mins to develop the flavours.

Step 2

Arrange the chicken in a single layer over the lined tray. Bake, turning occasionally, for 30 mins or until the chicken is cooked through and the sauce thickens slightly. Set aside to cool slightly.

Step 3

Combine silverbeet, cabbage, lettuce, apple and carrot in a large bowl. Combine the yoghurt, remaining sriracha or chilli sauce and remaining kecap manis in a small bowl, adding a little hot water to loosen the dressing slightly, if necessary. Season.

Step 4

Slice the chicken. Divide silverbeet mixture and chicken evenly among serving bowls. Season. Drizzle with yoghurt mixture and any tray juices.

Recipe from taste.com.au