

Silverbeet & Cheese Tarts

Bialik College Kitchen Garden Program



Ingredients:

- 1 bunch of silverbeet or chard
- 1 tablespoon olive oil
- 1 ½ cups grated tasty cheese
- 2 eggs, lightly whisked
- 2 spring onions, finely chopped
- 2 cloves garlic, finely chopped
- short crust pastry

Equipment:

- chopping board
- knife
- small bowl
- frying pan
- round cookie cutter
- muffin trays

Method:

1. Preheat oven to 180C.
2. Discard silverbeet stems and shred the leaves.
3. Add a little oil to the frying pan and sauté silverbeet.
Remove silverbeet and set aside.
4. Using the same pan, add the spring onions and garlic, fry for a couple of minutes.
5. Place the silverbeet, garlic and spring onions in a bowl.
Add the cheese and eggs and mix until combined.
6. Using cutter, cut circles out of the pastry.
7. Spray muffin trays with cooking oil and place the pastry into the trays.

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8. Spoon a heaped teaspoon of mixture on top of the pastry.
9. Bake in the oven for 20-25 minutes.