

Silverbeet and Potato Impanate

Bialik College Kitchen Garden Program



Bialik College

Ingredients:

- ☐ **PASTRY:**
- ☐ 2 cups self-raising flour
- ☐ 1 cup plain flour
- ☐ 2 teaspoons salt
- ☐ ½ cup rice bran oil
- ☐ 200mL hot water
- ☐ Olive oil, as needed (if pastry too hard)
- ☐ **FILLING:**
- ☐ Bunch of 10 Silverbeet leaves, washed
- ☐ 3 potatoes, finely diced
- ☐ 1 large brown onion, thinly sliced
- ☐ 2 tablespoons olive oil
- ☐ Parmesan, grated
- ☐ Salt and pepper

Equipment:

- ☐ Metric measuring cups, spoons and scales
- ☐ Chopping board
- ☐ Cook's knife
- ☐ Mixing bowls
- ☐ Colander
- ☐ Large saucepan
- ☐ Wooden spoon
- ☐ Rolling pin
- ☐ Baking tray
- ☐ Baking paper

Method:

1. Preheat oven to 200C.
2. To make the dough, add both flours to a large mixing bowl. Make a well, add salt and rice bran oil slowly into well. Start stirring flour from the sides of the well, adding a little hot water as you go. Continue stirring until add the water and flour is combined. Once it comes together, knead the dough lightly. The dough is ready when it is soft, smooth and malleable. Cover dough & set aside while you prepare filling.
3. To make the filling, separate the silverbeet stalks from the leaves and cut stalks finely and put aside. Shred the leaves and put aside.
4. Heat olive oil in a large saucepan over medium heat. Add the onion and cook until softened and translucent. Mix in the sliced stalks and cook for a few minutes, then add sliced potatoes and shredded leaves. Cook for 5-10 minutes until silverbeet has wilted and potatoes are softened. Season with salt and pepper. Set aside to cool.
5. Divide the dough into 4 parts. Roll out each ball of dough into a round the size of a dinner plate. Spoon the silverbeet and potato mix onto half of the round and then sprinkle with parmesan. Fold remaining half on top and pinch the ends to seal closed. Poke the top with a fork several times. Brush with olive oil and bake for 15-30 minutes or until golden. Enjoy!