

## Sweet Potato, Silverbeet and Feta Frittata

### Equipment needed –

1 microwave proof bowl, knives, chopping board, large frying pan, small bowl, whisk, colander and 3 serving platters.

### Ingredients from the Garden –

- 2 sweet potatoes, peeled and cut into thin 2-3cm pieces
- 1 red onion finely diced
- 6 eggs
- Silver beet, washed, dried and finely shredded

### Ingredients from the Pantry –

- 125 grams of feta cheese crumbled
- 1 ¼ cup of milk
- Sea salt and pepper
- 1 tablespoon of olive oil

### What to do –

1. Peel and chop the sweet potato into thin small pieces.
2. Place the sweet potato in a microwave proof bowl, cover with water and cook in the microwave for about 10 minutes or until tender.
3. Wash and finely shred the silver beet leaves. Finely chop the red onion and set aside.
4. Measure out 1 tablespoon of olive oil in a frying pan and cook the red onion for a few minutes or until soft.
5. Add the silver beet and cook for another few minutes or until the leaves are wilted. Remove from the heat and set aside.
6. Crack the eggs into a small bowl and measure out 1 ¼ cups of milk and add to the bowl of eggs.
7. Season with salt and pepper and whisk to combine.
8. Crumble the feta cheese into the egg mixture and preheat the grill to high.
9. When the sweet potato is cooked, drain in a colander over the sink.
10. Arrange the potatoes over the pan with the silver beet and onions.
11. Pour the egg mixture evenly over the sweet potatoes and place on a low heat. Cook for 7-8 minutes or until the frittata is cooked around the edges but still runny in the centre.
12. Place under the preheated grill for a further 5 minutes or until golden and set.
13. Remove from the grill and set aside to cool. Cut the frittata into wedges and divide among 3 serving platters.

### Serves –

- 28 students.