



# SILVERBEET FILLING FOR PUMPKIN HEADS



## INGREDIENTS

### FILLS 4 PUMPKIN HEADS

- 200g frozen prepared silverbeet OR 1 bunch silverbeet (approx 8 leaves)
- 1 small red onion
- 1 large clove garlic
- ¼ cup grated tasty cheese
- 1 large egg
- Salt & black pepper

## EQUIPMENT

- Frying pan
- Chopping board
- Knives
- Wooden spoon
- Large mixing bowl
- Grater
- Small bowl
- Whisker

## INSTRUCTIONS

1. Whisk 1 egg in a large bowl. Add grated cheese and set aside.
2. Prepare silverbeet by removing white stems from leaves. Finely chop red onion and garlic. Roughly chop silverbeet leaves.
3. Heat a small amount of olive oil in a frying pan and using a medium heat saute red onion for 5 minutes.
4. Add garlic and silverbeet leaves and stir until they have wilted down. Season with salt and pepper.
5. Add cooked mixture to egg and cheese. Mix until well combined. Set aside.

## FROM THE GARDEN

- Silverbeet, Red onion