

**Season:** Year round (Summer if using cherry tomatoes)  
**From the garden:** Silverbeet, cherry tomatoes, herbs, eggs  
**Type:** Side dish  
**Difficulty:** Easy  
**Serves:** 24-30 muffins  
**Source:** Adapted from Dimple, [Shivaaydelights.wordpress.com](http://Shivaaydelights.wordpress.com)

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## Equipment

- 3 muffin trays
- Chopping board x 3
- Kitchen knife x 3
- Scales
- Wooden spoon
- Measuring spoons, cups and jug
- Whisk
- Chopping board
- Kitchen knife
- Grater

## Ingredients

- 12 large silverbeet leaves
  - 28 cherry tomatoes (optional)
  - 450g self-raising flour
  - 200g tasty cheddar cheese
  - 360ml milk
  - 2 eggs
  - 100ml olive oil
  - 2 tsp salt
  - 2 spring onions
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## How to make it

1. Preheat oven to 200 degrees. Using a pastry brush, grease 30 hole muffin trays with some olive oil.
2. Wash the silverbeet and dry gently. Trim the stem at the bottom of each leaf and then fold the leaves in half and chop into strips.
3. Wash the cherry tomatoes and dry gently. Cut into halves or quarters.
4. Wash the spring onions and dry gently. Trim off the roots and then slice into small rounds.
5. Grate the cheese.
6. Sift the flour into a large mixing bowl.
7. Break the eggs into a small mixing bowl, pour in the milk and whisk together.
8. Make a well in the dry ingredients and pour in the egg and milk mixture, stirring well to bring it together.
9. Fold in the chopped silverbeet, cherry tomatoes and cheese.
10. Spoon into prepared muffin trays, so that each hole is 1/2 to 2/3 full.
11. Bake for 20-25 minutes until golden brown. Allow to cool for a few minutes in the tray before turning out on to wire rack to cool.

## Notes:

- You can substitute cavolo nero, kale or english spinach for the silverbeet in this recipe. Or use a mixture of leafy greens.

## Cavolo Nero & Cheese Muffins

- Try using crumbled feta instead of grated tasty cheese.
- If making in winter, try substituting some sun-dried tomatoes for the cherry tomatoes. Or you can just leave the tomatoes out of the recipe.