NEW ZEALAND SPINACH

New Zealand Spinach or Warragul greens is a robust trailing perennial native to Australia. It is slow to bolt, drought tolerant grows quickly and is fairly tasty. A great ground cover and once you have it in the garden you will never be without ingredients for a spinach pie or spinach fritters. See recipe below.

**SPINACH FRITTERS**

1 cup of diced blanched and squeezed spinach (see ‘how to prepare’)

1 cup of plain flour

1 teaspoon of baking powder

½ cup grated parmesan (you could substitute with feta or use both)

1 finely chopped onion

1 cup of finely chopped herbs (basil, parsley, oregano, chives, dill or a combination)

1 egg

¾ cup milk

Freshly ground black pepper

1 cup vegetable oil

**METHOD**

Mix flour, baking powder, egg and milk into a thick batter.

Add all other ingredients and mix completely.

Heat oil in frypan.

Scoop soup spoonfuls of fritter batter into hot oil until crisp and cooked through (a few minutes on each side).

If oil starts to smoke or fritters are browning too quickly adjust the heat.

Serve hot.

**HOW TO PREPARE**

Pick or cut the leaves off the stems.

Discard the stems.

Wash the leaves.

Bring a pot of water to the boil.

Add the washed leaves and blanch for a minute.

Drain and rinse the leaves in cold water, then squeeze out as much moisture as possible.

Chop finely.

This can be used in place of spinach or silver beet in many recipes including spinach pie.