



COOKING PASSION SINCE 1877

Spring Green Mini Tarts



Serves: 4

INGREDIENTS

For the pastry

150 g plain **flour**
Pinch of salt
½ tsp turmeric powder
75 g chilled salted **butter**, cut into tiny pieces
1 tsp lemon juice
3-4 tbsp water

For the veg

1 tbsp sunflower oil
1 small green chilli, finely chopped
8 spring onions, finely chopped
1 courgette, cut into 1cm size pieces
8 asparagus, cut into 3.5cm pieces
¼ tsp salt
¼ tsp black pepper

For the filling

2 **eggs**, whisked
100 ml **double cream**
20 g **cheddar cheese**, grated
¼ tsp salt
Pinch of pepper

ALLERGENES HIGHLIGHTED IN BOLD

PREPARATION

To make the pastry, mix the flour, salt and turmeric in a large bowl. Add the butter and coat it with the flour. Use your fingertips to rub the butter into the flour until the mixture looks like breadcrumbs.

Mix the lemon juice and water and pour in just enough of the liquid to bring the dough together. You might not need all the liquid. Gently knead the dough on a clean surface for a few seconds then shape it into a disc, wrap it in cling film and leave it to rest for 10 minutes in the fridge.

Preheat the oven to 180° CircoTherm®. On a floured surface roll the pastry to the thickness of a pound coin. Divide this into 4 big circles. Line 4 mini tart cases with the pastry, leaving the excess hanging over the edge and prick the base all over with a fork.

Line the tart cases with baking parchment, fill with baking beans or rice and bake for 15 minutes. Remove the paper and beans and continue baking for a further 15 minutes until the pastry looks dry and crisp.

Heat the oil in a pan, add the vegetables and cook on medium to high heat for 5 minutes until just beginning to colour. Add the salt and pepper to this and mix well. Divide this mix into the baked tart cases.

In a jug mix the eggs, cream, salt, pepper and cheddar. Pour this over the vegetables in the tart cases and bake for 25-30 minutes on shelf 3 at 180° CircoTherm® until cooked and golden.

Remove them from the tart cases and serve immediately.