



SILVERBEET TARTS



INGREDIENTS

MAKES 12 TARTS

- 2 sheets ready-rolled shortcrust pastry, thawed
- 3 large silverbeet leaves with stalk
- 1 spring onion
- 2 cloves garlic
- 150g tasty cheese
- 3 large eggs
- Salt & black pepper
- Milk wash

FROM THE GARDEN

- Silverbeet
- Spring onion

EQUIPMENT

- Sharp knife
- Chopping board
- Mixing bowl
- Whisk
- Grater
- Frying pan
- Muffin pan
- Pastry brush
- Wire cooling rack

INSTRUCTIONS

1. Preheat oven to 180°C. Grease 1 x 12 hole muffin tray with cooking oil spray.
2. Cut each pastry sheet into 6 rectangles, fold to shape and place into the muffin holes. Set aside.
3. Whisk eggs in a large bowl. Add grated cheese. Set aside.
4. Prepare silverbeet by removing white stems and set aside.
5. Finely chop silverbeet stems and spring onions and garlic. Roughly chop silverbeet leaves.
6. Heat a small amount of olive oil in a frying pan and using a medium heat saute chopped silverbeet stems, spring onion and garlic for 5 minutes.
7. Add the silverbeet leaves and stir until they have wilted down. Season with salt and pepper.
8. Add cooked mixture to egg and cheese. Mix until well combined.
9. Divide the mixture evenly between the pastry cases. Brush milk wash over the pastry.
10. Cook in the oven for 20 -25mins until golden. Transfer to a wire rack to cool completely before serving.

