

MONEY \$AVERS

VEG OUT

MAKE VEGETARIAN EATING STRESS-FREE WITH OUR SUPER-EASY RECIPES FILLED TO THE BRIM WITH FRESH, HEALTHY PRODUCE. VEGIE MAINS NEVER LOOKED - OR TASTED - SO GOOD!

BROCCOLI, ROASTED CAPSICUM AND FETTA TART

SERVES 4

PREP 25 MINUTES

(PLUS REFRIGERATION AND COOLING)

COOK 1 HOUR

2 sheets frozen shortcrust pastry, partially thawed

200g broccoli, cut into florets

3 eggs

½ cup thickened cream

⅓ cup milk

¼ cup shredded fresh basil leaves, plus extra small basil leaves, to serve

⅓ cup finely grated parmesan,

plus extra shaved parmesan, to serve

150g roasted red capsicum, chopped

½ small red onion, cut into thin wedges

¼ cup drained marinated fetta, crumbled

Salad leaves, to serve

1 Preheat oven to 200°C/180°C fan-forced. Place a baking tray in the oven to heat. Grease a 3cm-deep, 23cm (base) round loose-based fluted tart pan.

2 Stack pastry sheets on top of each other. Using a rolling pin, roll out to form a 26cm

square. Line base and side of prepared pan with pastry. Trim edge. Prick base with a fork. Refrigerate for 15 minutes. Line pastry with baking paper. Fill with pie weights or uncooked rice. Place tart pan on hot baking tray in oven. Blind-bake for 12 minutes. Remove paper and weights. Bake pastry a further 10 minutes or until edge is light golden.

3 Cut broccoli florets in half. Place in a heatproof bowl. Cover with boiling water. Stand for 1 minute or until bright green and just tender. Drain well.

4 Place eggs, cream, milk, shredded basil and half the parmesan in a large jug. Season with salt and pepper. Whisk to combine. Arrange broccoli, capsicum and onion in pastry case. Sprinkle with fetta. Pour over egg mixture. Sprinkle with remaining grated parmesan. Bake on tray for 30 to 35 minutes or until golden and just set. Stand for 10 minutes. Transfer to a serving plate. Cut into wedges. Sprinkle with extra basil leaves and shaved parmesan. Serve with salad leaves.

NUTRITION: (per serve) 2779kJ; 43.4g fat; 22.1g sat fat; 21.6g protein; 45.1g carbs; 5.5g fibre; 225mg chol; 799mg sodium. >

+ Tarted up
INCREASE YOUR FAMILY'S DAILY VEG INTAKE WITH THIS REVAMPED CLASSIC