

KEY AVI

THESE VEGETARIAN PASTAS COMBINE WITH THE MOST DELICIOUS INGREDIENTS TO MAKE THE MOST OF YOUR VEGETABLES, INCLUDING TOMATOES, BELL PEPPERS, AND BASIL LEAVES - THE TRUTH - IS SIMPLE!

INGREDIENTS
 100g of ricotta
 100g of mushrooms
 100g of cherry tomatoes
 100g of basil

- 1 whole onion, sliced and sautéed, gradually drained
- 100g broccoli, cut into florets
- 1 egg
- 1 egg yolk, whisked with
- 1/2 cup milk
- 1 cup shredded fresh basil leaves, plus extra small basil leaves, to serve
- 1/2 cup finely grated parmesan, plus extra shaved parmesan, to serve
- 100g washed and drained, sliced
- 1 small red onion, cut into thin wedges
- 1 cup drained marinated feta, crumbled
- Salad leaves, to serve

1. Preheat oven to 180°C/350°F fan-forced. Place a baking tray in the oven to heat. Season a deep, 20cm (8in) round loose-based fluted tart pan.

2. Sauté onion slowly on top of heat until. Using a rolling pin, roll out to form a 26cm

100g sugar free 100g...

squares. Line base and side of prepared pan with pastry, trim edge. Roll base with a heel. Rolliguate for 10 minutes. Line pastry with baking paper. Fill with pie weight or uncooked rice. Bake tart pan on hot baking tray in oven. Blind-bake for 10 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 deepened bowl. Season with boiling water. Steam for 10 minutes 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. Drain broccoli, parmesan and onion in pastry case. Sprinkle with feta. Bake with egg mixture. Sprinkle with remaining grated parmesan. Bake on tray for 10 to 15 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.

+ Tasted
 INCREASES YOUR
 FAMILY'S DAILY
 INTAKE OF IT
 REVAMP YOUR CLASS