

SPINACH & MUSHROOM TARTE AU SOLEIL



QUICK

Less than 15
minutes
prep time

HEALTHY

Mushrooms contain protein & fibre. They also contain B vitamins and selenium, which helps to support the immune system and prevent damage to cells and tissues.

FAMILY

Feeds 5-6

MEALS

Serve with a
quinoa or bean
salad

INGREDIENTS

- 250g spinach
- 300g mushrooms
- 3 garlic cloves
- 2 onions
- 70g pine nuts
- 1 egg for glazing
- 1 320g pack ready to roll puff pastry
- S&P
- 10 g black sesame seeds
- Flour for dusting
- 2 tbs oil

Optional extras

- 1 x 400g tin lentils drained,
- 2 tsp coriander and 2 tsp ground cumin,
- Feta

METHOD

- 1) Put the oven on to 180°C
- 2) Heat oil in a LARGE frying pan
- 3) Dice the onions and add to the pan
- 4) Add minced garlic
- 5) As the onion is cooking, chop your mushrooms & add as you go along
- 6) Sauté for an extra minute to ensure all mushrooms cooked
- 7) Add the spinach leaves and gently mix in
- 8) Allow to cool
- 9) Pan fry the pine nuts in a dry pan and add to the veg mix
- 10) Beat the egg
- 11) Flour a surface and cut your pastry in half
- 12) Flour the pastry and roll out till the size of a dinner plate. Cut around the plate. Repeat with the other half
- 13) Spread veg mix evenly onto one pastry circle, then put the other on top
- 14) Place a glass in the middle of the pastry and cut from the glass to the edge to make strips
- 15) Carefully twist each strip over once
- 16) Egg the pastry and sprinkle the centre with sesame seeds
- 17) Bake for 25-30 mins
- 18) Serve on the tray cos its quite hard to move!

