

PARSNIP, BACON & SILVERBEET TART

INGREDIENTS

500g parsnip diced and cooked
300g silverbeet finely chopped
2 Tbsp olive oil
150g streaky bacon
4 spring onions chopped
1 clove garlic crushed
2 Tbsp chopped thyme
1/2 cup sour cream
1 egg
1 clove garlic crushed
2 Tbsp chopped parsley
Zest of 1 lemon
1/4 grated nutmeg
3 sheets pre rolled puff pastry
Parmesan cheese grated
Salt & pepper to taste



TURN OVER FOR FULL RECIPE ↩



METHOD

Pre heat oven to 180C

Sauté the silverbeet in oil with the bacon, spring onions, garlic & thyme for 3 minutes. Add parsnips and seasoning and cook for another 3 minutes.

Scrape the mixture into a large bowl and cool. Whisk the sour cream, egg, garlic, parsley, lemon zest & nutmeg then combine with vegetable mixture.

Cut 2 pastry sheets in half and use the 3rd sheet to cut into 2cm wide strips. Brush a 1cm wide boarder of egg wash around the edges and attached the strips on top trimming to fit. Brush the strips with egg wash.

Spoon mixture into the tarts and grate parmesan over. Season to taste.

Bake about 20 minutes until puffed and golden.

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