

Recipe

ASPARAGUS, SPINACH, CHORIZO & GOATS CHEESE TART



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Recipe: CATHERINE FRAWLEY

INGREDIENTS

- 500 g block short crust pastry
- 200 g green asparagus, woody ends discarded
- 75 g baby spinach
- 60 g chorizo, diced
- 4 medium eggs
- 150 ml double cream
- 150 ml skimmed milk
- ¼ white onion, finely chopped
- 60 g goats cheese, thinly sliced
- Salt & pepper to taste
- Butter to grease the pan



TIME

Hands on time
30 mins
Cook time 35 mins



SERVING

6



ISSUE

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- STEP 1** Pre heat the oven to 220°C / 200°C fan. Grease a loose bottomed tart tin and place onto a baking sheet (just in case it leaks).
- STEP 2** On a floured surface, roll out the pastry to 7mm thick, roll the pastry over the tin and press into the tin, trim the excess pastry. With a fork, prick the base of the pastry then cover loosely with tin foil. Fill with baking beans or uncooked rice and blind bake for 10 minutes. Remove the foil and beans/rice and bake for another 10 mins.
- STEP 3** Meanwhile, blanch the asparagus for 1 minute, drain and add the spinach to the asparagus to wilt in the remaining heat. Refresh under cold water.
- STEP 4** Cook the chorizo in a frying pan for 3-4 minutes or until the juices release, set aside.
- STEP 5** In a large bowl add the eggs, cream and milk whisk together then add the onions and salt and pepper.
- STEP 6** Once the pastry is part baked scatter over the spinach, arrange the asparagus, spoon in the chorizo and then pour in the egg, cream and milk mixture. Add the goats cheese slices and season.
- STEP 7** Bake for 35 minutes or until golden. Allow to cool slightly before removing from the tin, slice and serve.

