

Recipe

ROASTED GOLDEN BEETROOT TART

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Recipe: **LAUREN CARIS SHORT**



TIME

30 Min



SERVING

1 Tart



CATEGORY

Dessert



ISSUE

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INGREDIENTS

1 sheet vegan puff pastry
6-7 tbsp onion jam
200g yellow beetroot
200g fresh asparagus
1 tbsp almond milk
1-2 tbsp mixed seeds

For topping:

Fresh greens
Fresh peas
Fresh red beetroot

STEP 1

Preheat the oven to 180°C. Drizzle the yellow beetroot with a little olive oil, season with salt and pepper and wrap in tin foil. Bake for 30-40 minutes until soft. Allow to cool then chop into chunks.

STEP 2

Unroll the puff pastry sheet and place on a baking sheet lined with baking paper. Score the pastry with a knife all the way around about 1cm in from the edges to create a border. Be careful not to cut the pastry all the way through. Brush the border with the almond milk and sprinkle on the mixed seeds.

STEP 3

Spread the onion jam onto the pastry inside the border, then place the asparagus on top, followed by the golden beetroot chunks.

STEP 4

Bake for 30 minutes until the pastry is golden.

STEP 5

Top with fresh greens, fresh peas and some raw slices of red beetroot for a sweet crunch.