



April recipe

Spring Vegetable Tart & Garlicky New Potatoes.

Serves 4-6

Prep time 10 minutes

Cooking time 20 minutes

Ingredients

For the Tart

500g block of puff pastry
2 tablespoons of grainy mustard
2 tablespoons of olive oil.
Selections of colourful, seasonal vegetables such as;
1 pepper chopped onto bite sized pieces
1 red onion chopped into bite sized pieces
5/6 asparagus spears or spring onions
Handful of cherry tomatoes halved
Pinch of dried Italian herbs

For the garlicky new potatoes

800g washed new potatoes, larger ones halved
2/4 tablespoons of olive oil
Handful of washed wild garlic leaves (or a handful of rocket leaves with 2 cloves of garlic) roughly chopped.
1 tablespoon of French mustard
1 tablespoon of vinegar

Preheat the oven to 180oc

Roll out the pastry onto a sheet of baking paper to the thickness of a pound coin. Using the baking paper to help lift it onto a baking tray. Gently create a 2cm boarder using a blunt knife, be careful not to go through the pastry. Spread a thin layer of mustard onto the base. Set aside while you cook the potatoes and vegetables.

Toss the potatoes in olive oil and pop them into the oven for about 30 minutes. Prepare the garlicky dressing by adding the chopped wild garlic (or rocket leave and crushed garlic) to a large bowl along with the mustard and vinegar. Set the bowl of leaves aside for later.

Next, using a shallow pan heat the oil. Add the onion, pepper and mixed herbs and cook over a medium to high heat for 3-5 minutes until the pepper and onions start to soften. When they are cooked place on top of the pastry and use the same pan to cook add any thinner, smaller vegetables, such as asparagus and cherry tomtates and lightly cook them for 2-3 minutes. When they are lightly cooked

add them on top of the other vegetables. You should have a colourful pile of veg on top of the pastry base.

Pop the tart into the oven and cook for about 15 minutes until the sides have puffed up and the pastry is golden. Allow to stand for a few minutes before serving.

When the potatoes are cooked removed them from the oven and while they are still hot toss them into the bowl with the chopped leaves and mix well. Serve alongside the spring tart.

Recipe Notes: If you want to add more protein to the recipe you could substitute some or all the new potatoes for chickpeas. Just gently heating them through and adding the garlicky dressing. You could make the tart smaller by using half the amount of pastry and freezing the other half for a later date. Adjust the quantity of vegetables accordingly. You may like to have a go at making your own pastry. Rough-puss pastry is a good place to start with lots of recipes available online.