

# Roasted courgette, red pepper & "feta" open tart with a herbed leaf salad

(Serves 6)

## Ingredients

### For the open tart:

- 1 (appx 200g) Courgettes, thickly sliced & quartered
- 1 Pepper, red, deseeded & chopped
- 1 Pepper, yellow, deseeded & chopped
- 1 Pepper, green, deseeded & chopped
- 100g Onion, red, diced
- 1 tbsp Oil, Olive, napolini
- 300g Puff pastry, lighter, ready rolled (Tesco)
- 1 Egg, medium, beaten (for egg wash)
- 1 handful Parsley, fresh, chopped
- 200g Cheese, Greek salad, lighter (Tesco)
- 1/4 tsp Black pepper

### For the herbed leaf salad:

- 300g Mixed salad leaves
- 4 tbsps Mixed fresh herbs
- 160g Peppers, baby, sweet, deseeded & cut into rings
- 6 tbsp Honey & Mustard dressing (SBGTY\*)

***SBGTY\* is Sainsbury's be good to yourself range.***

## Preparation

1. Pre-heat oven to 200°C/400°F/Gas Mark 6 (180°Fan). Remove pastry from fridge.
2. Add courgettes, peppers & onion to a roasting tin. Drizzle over the olive oil & toss until vegetables coated.
3. Cook in oven for 10 minutes. Remove & set aside but keep oven on.
4. Cut pastry to required weight & transfer to a non-stick baking sheet.
5. Score a line about 1 inch from the edges of the pastry, all the way round.
6. Brush pastry rim with egg wash.
7. Put in oven for approx 15 minutes until pale golden.
8. Once removed, push puffed up middle back down with the back of a wooden spoon.
9. Add roasted vegetables, parsley leaves & crumbled cheese.
10. Sprinkle over the black pepper.
11. Put back in oven for a further 10-15 minutes.
12. Prepare herbed leaf salad by putting mixed salad leaves into a bowl.
13. Add mixed fresh herbs & baby sweet peppers.
14. Drizzle over honey & mustard dressing to taste.
15. Slice tart & serve with the herbed leaf salad.

**TOP TIP:** Keep the rectangular shape whilst cutting the pastry. To avoid tears in the pastry, it's easier to weigh what you are discarding rather than trying to weigh the pastry you will be using.

Greek salad cheese lighter is used in place of the traditional feta cheese which is much higher in fats. It is also very difficult to get hold of a reduced fat feta. The greek salad cheese is a very tasty substitute.

**NUTRITIONAL VALUES  
PER SERVING**

Calories 320

Total Sugars 7.9g

Total Fats 13.79g

Saturated Fats 6.31g

Salt 1.01g

Fruit & Veg 2.5