

Spinach & ricotta tart with crispy potatoes & roasted vegetables

(Serves 6)

Ingredients

For the tart:

- 2 tps Oil, Olive, napolini
- 300g Short crust pastry, lighter ready rolled
- 1/2 Egg, beaten (for eggwash)
- 100g Onions, finely diced
- 250g Spinach leaves
- 250g Ricotta cheese (Asda, italian)
- 100mls Crème fraiche, healthy living or BGTY*
- 2 Eggs
- 2 Garlic Cloves, finely chopped
- 1/4 tsp Chilli flakes, dried
- 125g Tomatoes, cherry, halved
- *BGTY = Sainsbury's be good to yourself range

For the Crispy potatoes & roasted vegetables per person:

- 1/2 tbsp Oil, Olive, napolini
- 150g Potatoes, new, thinly sliced, skins on
- 50g Onions, red, thickly sliced
- 1/2 Pepper, red, deseeded & cut into chunks
- 1/2 Pepper, green, deseeded & cut into chunks
- 1 tsp Mixed herbs, dried
- 80g Courgettes, cut into chunks
- 50g Tomatoes, cherry, whole

Preparation

For the tart:

1. Preheat oven to 200°C/400°F/Gas Mark 6 (180°fan). Grease pastry tin with 1 tsp of the oil. Line dish with pastry, allowing overlap of edges.
2. Roll rolling pin over top of tin to neaten edges. Trim any excess pastry. Line tin with greaseproof paper. Fill with baking beans.
3. Blind bake on bottom shelf for 15 minutes. Remove beans & paper. Brush with egg wash.
4. Put back in oven for approx 5 mins until light golden & crisp. Remove & cool.
5. Turn oven down to 180°C/350°F/Gas Mark 4 (160°fan). Heat the other 1 tsp of olive oil gently in large frying pan. Sweat onions for a few minutes.
6. Add spinach & stir until wilted.

7. Transfer to tart base. Add ricotta.
8. Mix creme fraiche & eggs together & stir in garlic & chilli flakes. Pour over tart.
9. Dot around tomato halves, cut side down.
10. Bake on bottom shelf of oven for approx 30 minutes until set & golden.

For the crispy potatoes & roasted vegetables:

1. Whilst tart cooking, heat the 1/2 tbsp oil in oven in a roasting dish. Toss sliced potatoes, onion, peppers & mixed herbs & roast for 15 mins on top shelf.
2. Add courgettes, coating with the hot oil. Cook for further 10 mins.
3. Add whole tomatoes for final 5 minutes of cooking.
4. Slice tart & serve with the crispy potatoes & roasted vegetables.

TOP TIP: Creme fraiche needs to be healthy living or Sainsbury's Be good to yourself range to fit within nutritional values. I have found reduced fat ricotta can be hard to get. You can use Asda, italian ricotta instead which has better values than some of the other ricottas & will still fit values.

NUTRITIONAL VALUES

PER SERVING

Calories 579

Total Sugars 17.32g

Total Fats 24.85g

Saturated Fats 7.94g

Salt 0.37g

Fruit & Veg 5