

Roasted courgette, red pepper & "feta" open tart with crispy potatoes & roasted tomatoes

(Serves 6)

Ingredients

- 300g Puff pastry, lighter (Tesco)
- 200g Courgettes, cut into rough chunks
- 2 Pepper, red, deseeded & cut into chunks
- 1 Pepper, yellow, deseeded & cut into chunks
- 1 Pepper, green, deseeded & cut into chunks
- 150g Onions, red, cut into chunks
- 2 tbsps Oil, Olive, napolini
- 1 Eggs, medium, beaten for egg wash
- 1 handful Parsley, fresh, chopped
- 200g Cheese, Greek salad lighter (Tesco)
- 1/4 tsp Black pepper
- 600g Potatoes, new, thinly sliced
- 6 Tomatoes, medium, whole

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 1 tbsp of 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 on middle shelf of 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 on middle shelf.
12. Heat remaining 1 tbsp oil in a large non-stick roasting tray on top shelf.
13. Toss sliced potatoes in oil & roast for approx 15 mins on top shelf.
14. Add whole tomatoes for final 5 minutes of cooking.
15. Slice tart & serve with the crispy potatoes & roasted tomatoes.

TOP TIP: 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.

**NUTRITIONAL VALUES
PER SERVING**

Calories 407

Total Sugars 9.52g

Total Fats 16.31g

Saturated Fats 6.68g

Salt 0.95g

Fruit & Veg 3