



Roast Vegetable Tart with Quinoa Crust

Serving size 4

Ingredients

- 1 beetroot, peeled & cut into 8 wedges
- 1 large zucchini, sliced
- 1/2 cup (60g) pumpkin, cut into bite-sized chunks
- 1 red onion, cut into 8 wedges
- 1/2 leek, finely sliced
- 1/2 tsp thyme leaves (fresh)
- 40g good quality strong parmesan cheese, grated
- 6 eggs
- 1/4 cup low fat milk
- 6 tsp creamy goat's feta cheese
- 1 cup quinoa (or you can use quinoa flour for smoother crust but we like the crunch!)
- 1/2 cup (70g) sweet potato, cut into bite-sized chunks
- 6 tbsp extra virgin olive oil, plus 1 extra tbsp to roast veggies
- 1 tsp seedy mustard, iodised salt and pepper



Method

1. Preheat the oven to 180°C. Roast the beetroot, sweet potato, zucchini, pumpkin, red onion with a drizzle of extra virgin olive oil, salt and pepper on a roasting tray for about 30 mins or until tender. Remove from the oven and allow to cool slightly.
2. While the veggies are roasting, make your pastry case. In your blender combine the quinoa, extra virgin olive oil, seedy mustard and parmesan. Blend for a couple of minutes until the mixture resembles dark flecky sand. The alternative is to use quinoa flour although this will not give the same crunchy texture – you'll have a more traditional pastry smooth texture.) Press the quinoa crumbs into the tart tin (we used a round spring form tin) evenly around the sides and base. Add to the oven and blind bake the pastry for 10-15 minutes until slightly golden in colour.
3. Whilst the vegetables and crust are baking, heat a non-stick frying plan and gently sauté the leeks and thyme in a tsp of extra virgin olive oil until soft. Season with salt and pepper. In a bowl whisk the eggs and milk together.
4. Once the quinoa crust is ready, spread the leeks on the base of the quinoa crust, then pour the egg mixture over the top. Place back into the oven for 15 minutes or until just set. You can tell this by gently moving the tin – if the middle of the egg custard wobbles, it needs a few minutes longer cooking time.



5. Remove the tart from the oven and let it cool slightly (this gives the custard time to set firmly). Top with the mix of roasted vegetables and dollops of creamy goats feta. Serve at room temperature with a leafy green salad dressed with extra virgin olive oil and lemon.

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