



WINTER VEGIES

VEGETABLE TARTS WITH CRISPY SAGE

Ingredients

- 100g reduced-fat fresh ricotta, crumbled
- 2 tablespoons light sour cream
- 2 green onions, finely chopped
- 2 teaspoons chopped fresh thyme leaves
- 1 garlic clove, crushed
- 1/2 cup finely grated parmesan
- 1 small orange sweet potato, peeled, very thinly sliced
- 2 small purple sweet potatoes, peeled, very thinly sliced
- 1/4 cup extra virgin olive oil
- 2 small beetroot, peeled, very thinly sliced
- 4 sheets frozen reduced-fat shortcrust pastry, partially thawed
- 1 egg, lightly beaten
- 1/4 cup fresh sage leaves
- 2 tablespoons pistachio kernels, finely chopped
- 40g baby rocket
- 1 red-skinned apple, cored, cut into matchsticks
- 1 tablespoon lemon juice

Directions

1. Combine ricotta, sour cream, onion, thyme leaves, garlic and half the parmesan in a bowl. Season with salt and pepper. Place sweet potato slices in a bowl. Drizzle with 2 teaspoons oil. Season with salt and pepper. Toss to coat. Repeat with beetroot and 2 teaspoons oil in a separate bowl.
2. Line 2 large baking trays with baking paper. Using an 18.5cm plate as a guide, cut 1 round from each pastry sheet. Place on prepared trays. Leaving a 2cm border, spread one-quarter of ricotta mixture over each pastry round. Arrange sweet potato and beetroot, alternating, over ricotta mixture to form a spiral pattern. Using picture as a guide, fold and pleat pastry border around filling. Brush pastry edge with egg. Sprinkle tarts with remaining parmesan. Refrigerate for 15 minutes.
3. Meanwhile, preheat oven to 220C/200C fan-forced. Bake tarts for 15 minutes. Reduce oven temperature to 180°C/160°C fan-forced. Bake tarts for a further 10 minutes or until vegetables are tender. Sprinkle with sage and pistachios. Bake for a further 5 minutes or until pastry is golden brown.
4. Place rocket, apple, lemon juice and remaining oil in a bowl. Toss to combine. Serve tarts with rocket salad.