

Salmon, Asparagus and Goat's Cheese Tart

This was a really yummy tart, perfect for lunch with the girls. Not too heavy, not too light and served with some fresh baby rocket it was just right! I love a recipe that can be made out of pantry staples with a few fresh and zesty ingredients to give it a bit of wow factor.....simple and satisfying.

You could make a larger tart to feed more people, just add another tin of salmon and a couple more eggs.

Prep time: 15 Minutes
Low Budget

Cooking time: 50 Minutes

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Serves 3-4

2 sheets of frozen puff pastry, thawed

210gm tin of red salmon, drained and roughly broken up

4 eggs

100ml of pure cream

2 tbs of finely chopped dill

2 tbs of finely chopped parsley

1 bunch of baby asparagus, ends trimmed (you could use normal, just remove the woody ends)

1/4 cup of grated parmesan cheese

50gm of soft goat's cheese

Sea salt and cracked pepper

Pre heat the oven to 200°C.

Grease a 13 x 36cm rectangular, removable base tart tin. Remove the plastic

from the back of the pastry and drape it over the tin. You will have a bit of pastry leftover but one sheet just won't be enough. Gently press the pastry down, leaving it a little slack so that you can get the pastry all the way to the edges of the tin. Once you have fully lined the tin, use a rolling pin to roll over the top of the tin and then remove the excess pastry. (You could make some cheese twists with the leftovers!)

Stab the pastry with a fork all over the base and bake in the oven for 15-20 minutes or until golden. You can line the tin with baking paper and rice or baking weights if you prefer but I find the fork adequate. The pastry may be a little puffed when it comes out but the mixture will weigh it down.

In a bowl whisk the eggs and cream until light and fluffy and then add the parmesan, herbs and salmon. Season with salt and pepper and stir to combine. Pour the mixture into the tart tin, slowly to prevent overflowing. Lay the asparagus spears along the top of the egg mixture and crumble over the goat's cheese. bake in the oven for 25-30 minutes or until golden and firm in the centre.

Allow the tart to cool slightly before removing the base from the tin. Slice the tart and serve with baby salad leaves dressed with a little extra virgin olive oil and balsamic vinegar...