

Others

AVOCADO AND TOMATO TART



Served cold, this will make a tasty picnic treat
Serves: 4-6

1 Avocado
350g frozen short crust pastry, thawed
flour for rolling
12-14 cherry tomatoes
3 spring onions, chopped
15g butter
2 tbsp pine nuts
3 large eggs
200ml single cream
seasoning
100g grated Gruyere cheese

Preheat the oven to 200°C. Roll out the pastry to line a 23cm flan tin. Prick the base and line with a piece of greaseproof paper and fill with ceramic baking beans or rice. Put on baking tray and cook for 10 minutes. Remove the paper and beans.rice and return to the oven.

Turn the oven down to 180°C. Scatter the cherry tomatoes in the tart case, melt the butter and cook the spring onions until soft but not coloured. Put in the flan case with the tomatoes.

Peel, stone and slice the avocado and arrange around the tomatoes. Lightly beat the eggs and cream together and season with salt and pepper. Add the cheese and pour into the flan case. Bake for 30 minutes or until just set in the middle and golden on top.

Delicious served hot or cold.
