



Tasty Light Roasted Vegetable Tart

<https://www.mainland.co.nz/recipe/tasty-light-roasted-vegetable-tart.html>



Prep Time
15 mins

COOKING Time
60 mins

SERVES
4

Packed with vegetables and Tasty Light, this colourful tart makes for a flavoursome lunch or dinner.

Ingredients

- 1/4 pumpkin, peeled and diced
- 1/2 an eggplant, diced
- 2 capsicums, diced
- 1 zucchini, diced
- 1 orange or purple kumara, diced
- 1 red onion, peeled and diced
- 2 tbsp olive oil
- 1 clove garlic, chopped
- 1 tbsp fresh thyme leaves
- Salt and freshly ground black pepper, to taste
- 1 cup Tasty Light, grated
- 3 eggs
- 3/4 cup Anchor Fresh Cream
- 1-2 sheets ready rolled savoury short pastry

Method

1. Preheat oven to 180°C.
2. Combine all vegetables with oil, garlic, thyme and seasoning and mix well. Arrange vegetables in a single layer on a baking tray lined with non-stick paper, and roast for 20-30 minutes or until tender and lightly coloured.
3. Meanwhile, line a medium tart tin with the pastry sheets, trimming to fit the sides neatly. Chill until ready to use.
4. Whisk eggs with cream in a small bowl and stir in the grated Tasty Light Cheese.
5. Arrange the roasted vegetables in the pastry-lined tin, then pour the egg and cheese mixture over and around the vegetables.
6. Bake for 25-30 minutes or until the centre is set and the pastry and vegetables golden.
7. Serve with a fresh herb garnish and salad on the side.