

Green Vegetable Tarts with Poached Eggs



Preparation time: 15 mins

Serves: 6 people

User Rating: ★★★★★

Publication: 13 October 2022

Categories: Quick & Easy, Breakfast Recipes, Lunch Recipes, Entertaining, Vegetarian, Meals for One



Ingredients

- 6 eggs
- 500g broad beans – or frozen beans with outer skin removed
- 1 small leek, washed and sliced
- ½ bunch fresh asparagus, trimmed and blanched
- 50g sugar snap peas, topped, tailed and blanched
- 1 cup baby spinach leaves
- ¼ cup fresh coriander leaves
- 1 tbsp olive oil
- ¼ tsp grated fresh ginger
- ¼ tsp sesame oil
- Cracked pepper to garnish

Homemade Tart Cases

You have the option to either purchase or make the tart cases. Store bought "Vol au vent" cases are used in the imagery.

- 250g plain flour
- 200g cold unsalted margarine, chopped
- ½ cup plain yoghurt

Method

Homemade Tart Cases*

1. Place the flour in the blender, add chopped margarine and blend till it resembles breadcrumbs. Add the yoghurt and blend briefly. Turn onto a floured bench and knead together.
2. Wrap in plastic wrap and chill for at least 30 minutes.
3. Roll out and cut into desired shapes. Place into greased tart cases or muffin tins and blind bake in a pre-heated (200°C) oven for 10-12 minutes or until firm and lightly golden. Cool and store in an air-tight container till ready to use.

Vegetable Tart Filling

1. To prepare the broad beans, shell the beans from the pods and blanch in a pot of boiling water for 2 minutes, drain and refresh immediately. Gently peel the outer skin to reveal the bright green bean.
2. Heat a pan over medium heat and add the olive oil, add the leeks and ginger, allow to gently soften. Increase heat and quickly add the prepared asparagus and sugar snap peas.
3. When heated through, add the spinach and allow to wilt slightly. Stir through coriander leaves and season with sesame oil. Remove pan to a warm place whilst you prepare the soft egg.
4. Bring about 5cm of water with 1 teaspoon of vinegar to the boil in a shallow pan, then reduce the heat to a low simmer. Crack each egg onto a saucer and then gently slide it onto the water. Allow to cook for 3 minutes, until the white has set and the yolk is just set and soft inside. Remove with a slotted spoon and drain on a paper towel.
5. Assemble the tart by filling cases with pre-prepared vegetables and placing the soft egg on top. Sprinkle with cracked pepper.

Notes

*You can also use store bought pastry tart cases. The tart casings used in the image are store bought.