

# Egg, Mushroom & Pesto Tart



Preparation time:	45 mins
Serves:	4 people
User Rating:	★★★★☆

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Categories: Breakfast Recipes, Lunch Recipes, Lunchboxes & Snacks, Vegetarian

This oozy, gooey egg breakfast tart is going to be a household favourite once the family tries it.

Made with puff pastry, this tart combines all your breakfast favourites including eggs, cheese and mushrooms. For a meatier version, you could even add chopped bacon for some B&E tarty-goodness!



## Ingredients

### Cheesy Sauce

- 2 tbsp (40g) butter
- 2 tbsp plain flour
- $\frac{3}{4}$  cup (185ml) milk
- Salt to taste

- ½ cup (50g) pizza blend cheese

Toppings

- 1 tbsp olive oil
- 100g sliced button mushrooms
- 1 small clove garlic, crushed
- Salt and pepper
- ¼ cup pesto, plus extra to serve
- 1 sheets puff pastry, just thawed
- 4 small eggs

Method

Cheesy Sauce

1. Melt butter in a medium saucepan over medium heat and stir in flour.
2. Cook for 1 minute, then pour in the milk in two batches, stirring well between each addition. Continue to stir until there are no lumps, about 5 minutes. Remove from heat and stir in salt and cheese. Set aside.

Garlic Mushrooms

1. Heat oil in a non-stick frying pan over medium high heat. Add mushroom and cook 3 minutes. Add garlic and cook a further 2 minutes or until softened. Season with salt and pepper. Remove from heat and cool slightly.

Breakfast Tart

1. Meanwhile, preheat oven to 220°C/200°C (fan-forced). Line a baking tray with baking paper.
2. Working inside the pastry square, score a smaller square approx. 1-1 ½ cm from the edge. Prick middle of pastry several times with a fork. Bake 10 minutes. Pastry should have browned and puffed up.
3. Push down cooked pastry centre and spoon over cheesy sauce leaving the pastry border free. Dollop over pesto and arrange mushrooms over the top, leaving room for the eggs to nest in.
4. Crack an egg into each space and season with salt and pepper. Bake 10-12 minutes or until eggs white are cooked and yolks still runny. Stand for 5 minutes. Cut into 4 large squares, serve warm.

Notes

**Tip:** For a meatier version, add chopped bacon to replace mushrooms.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
213g	2060kJ 492kcal	17.1g	36.9g	16.5g	22.4g	3.9g	642mg	2.4g

All nutrition values are per serve.