

# Green Vegetable Filo Tart



Preparation time: 50 mins

Serves: 4 people

User Rating: ★★☆☆☆

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Categories: Quick & Easy, Dinner Recipes, Lunch Recipes, Vegetarian



## Ingredients

- 4 sheets filo
- 2 tbsp wholemeal breadcrumbs
- 1 tbs extra virgin olive oil
- ¼ leek, sliced finely
- 1 bunch asparagus, cut into small pieces
- 1 zucchini, halved lengthways and then sliced
- ½ tbsp extra virgin olive oil
- 130g feta
- 6 eggs (Use one to brush pastry and add remaining to the filling mix)
- ¼ cup milk
- A few sprigs of thyme, discard tough stems

- Zest of ½ lemon
- ¼ cup frozen green peas
- Freshly ground black pepper

## Method

1. Preheat oven to 180°C.
2. Brush tart tin with extra virgin olive oil. Layer a sheet of pastry and press into edges. Brush with extra virgin olive oil and sprinkle with breadcrumbs. Repeat with all 4 layers. Scrunch the sides to create a nice edge to the tart and brush the edge with egg wash. Bake in the oven for 10 minutes.
3. Meanwhile heat a frying pan, drizzle with extra virgin olive oil and sauté the veggies for a few minutes until softened and slightly browned.
4. Whisk the eggs, milk, thyme, lemon zest and milk together. Season with good grind of fresh black pepper.
5. Layer half the veggies in the tart, then crumble over half the feta. Pour over the egg mixture. Scatter the remaining veggies, the peas and the rest of the feta. Bake in the oven for 20 minutes or until the filling is set.
6. Serve hot or cold.

## Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
<b>250g</b>	<b>1420kj</b> <b>339kcal</b>	<b>19.8g</b>	<b>21.3g</b>	<b>8.2g</b>	<b>16.1g</b>	<b>4g</b>	<b>294mg</b>	<b>2.8g</b>
Vitamin D								
<b>4.5µg</b>								

All nutrition values are per serve.