

Roast Veggie Tart With Oat Crust



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| Preparation time: | 70 mins |
| Serves: | 6 people |
| User Rating: | ★★★★☆ |

Publication: 27 January 2022
Categories: Quick & Easy, Dinner Recipes, Vegetarian, Kid Friendly

This delicious vegetarian tart combines the rich, bold flavors of roast vegetables with creamy goat's cheese and healthy oat crust. It can be served hot or cold.



Ingredients

- ½ red capsicum, cut into chunks
- 1/2 red onion, halved and then cut into wedges
- 1 small carrot, cut on alternate diagonals to create triangular chunks (the Japanese call this Rangiri)
- 1 small beetroot, scrubbed & diced
- 1 zucchini, sliced
- 2 tbsp extra virgin olive oil, plus extra to sauté leeks & oil the tart tin
- Pinch sea salt & fresh black pepper
- ¼ leek, sliced
- 6 eggs

- ¼ cup milk
- Handful of chives and parsley, chopped
- 100g goat cheese (chevre)

Crust

- 130g rolled oats
- ½ cup extra virgin olive oil (125ml)
- 90g parmesan
- 2 tsp wholegrain mustard
- 1 cup wholemeal flour
- Splash of water to bring it together

Method

1. Place the oats and Parmesan in a blender or food processor and blitz until it resembles breadcrumbs. Tip into a mixing bowl and add the extra virgin olive oil, mustard and flour. Using clean hands bring it together, adding a splash of water if it's too crumbly. Cover the crumb mix and leave to rest in the fridge for half an hour. (If you're in a hurry skip this step).
2. Preheat the oven to 180°C.
3. Toss the veggies separately in the extra virgin olive oil and season with a pinch of sea salt & pepper (do each separately so the beetroot colour doesn't bleed into the other veggies). Roast for 30 minutes.
4. Tip the crumb mix into an oiled and lined springform cake/tart tin. Using your fingers press it out to line the base and come up the sides. Cover with baking paper and fill with baking beads (or you can use dried beans). This will stop the pastry from rising. Blind bake for 20 minutes.
5. Heat a frying pan, drizzle with extra virgin olive oil and sauté the leek until soft.
6. Whisk the eggs, milk and herbs together, season with a pinch of salt and plenty of black pepper.
7. Remove the pastry crumb from the oven and cover the base with the leeks. Pour over the egg mixture and return to the oven to bake for 15 minutes or until the egg is almost cooked but still wobbling.
8. Dot the goat cheese over the top and scatter the roast veggies. Return to the oven and bake for a further 10 minutes until the egg is completely set.
9. Remove from the tin and serve hot or cold.

Nutritional Information

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| Serving size | Energy | Protein | Total fat | Saturated fat | Carbs (total) | Carbs (sugar) | Sodium | Fibre | Vitamin D |
| 256g | 2440kJ 583kcal | 21.5g | 40.5g | 10.7g | 30g | 5.4g | 420mg | 7g | 3µg |

All nutrition values are per serve.