

Savoury Breakfast Tarts



Preparation time: 40 mins

Serves: 6 people

User Rating: ★★★★★

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Categories: Breakfast Recipes, Vegetarian



Ingredients

- 3 sheets frozen ready rolled puff pastry, partially thawed
- 1 tbs olive oil
- 150g cup mushrooms, finely chopped
- 8 sprigs lemon thyme, leaves removed
- Sea salt flakes and freshly ground black pepper
- 1/3 cup fresh ricotta
- 12 small eggs
- Olive oil cooking spray

- 250g small vine ripened tomatoes
- Extra sprigs lemon thyme, to serve

Method

1. Preheat oven to 200°C. Grease 12 patty pan moulds. Cut 12x 9.5cm rounds from pastry using a scone cutter and place into prepared patty pan tray. Prick base of pastry with a fork. Place in freezer for 10 minutes. Bake for 10-15 minutes or until lightly browned. Cool. Reduce oven temperature to 180C.
2. Heat oil in a frying pan over a high heat. Add mushrooms and lemon thyme leaves. Season with salt and pepper. Cook, stirring often, for 10 minutes or until golden. Transfer to a bowl and cool.
3. Add ricotta to mushrooms mixture and stir until well combined. Spoon 3 tsp of mushroom mixture into tarts, spreading up sides to form a dent in the centre. Separate eggs. Place yolks into the centre of tarts. (Egg whites can be place in an airtight container and frozen for later use). Spray tarts with olive oil and loosely cover with foil. Bake for 15-20 minutes or until egg is just set.
4. Meanwhile, line a baking tray with baking paper. Place tomatoes onto prepared tray and spray with olive oil and season with salt. Roast for 15 minutes or until softened. Serve tarts garnished with extra lemon thyme and roasted tomatoes.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
249g	1970kJ 471kcal	18.4g	29.1g	13.1g	31.1g	2.5g	374mg	5.5g

All nutrition values are per serve.