



Artichoke & broad bean tart with watercress pesto

READY IN



110 min.

SERVINGS



10

CALORIES



512 kcal

Ingredients

- ☐ 500 g pastry crust
- ☐ 500 g avarakkai / broad beans
- ☐ 500 g ricotta cheese
- ☐ 250 ml crème fraîche
- ☐ 4 eggs beaten
- ☐ 100 g parmesan hard grated (or vegetarian alternative)
- ☐ 1 lemon zest
- ☐ 390 g artichoke hearts halved drained canned
- ☐ 200 g watercress

- ☐ 50 g pinenuts
- ☐ 50 g pecorino cheese parmesan-style grated (or vegetarian cheese)
- ☐ 3 tbsp olive oil
- ☐ 1 juice of lemon

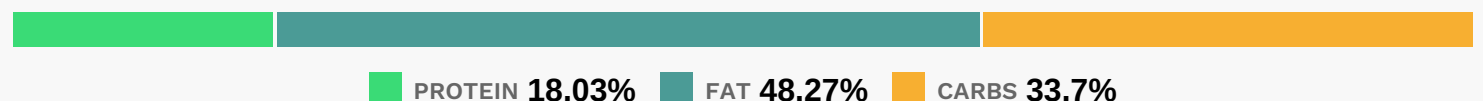
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Roll out the pastry and line a 28cm tart tin. Chill for 30 mins. Meanwhile, make the pesto.
- ☐ Place the watercress, pine nuts, Parmesan, olive oil and lemon juice in a food processor and blitz to a thick sauce. Season to taste and set aside.
- ☐ Cook the broad beans for 1 min in a pan of boiling water.
- ☐ Drain and refresh under cold water, then peel off the outer layer.
- ☐ Place the peeled beans to one side.
- ☐ Line the tart with greaseproof paper and fill with baking beans.
- ☐ Bake for 10 mins, remove the paper and beans and cook for 15 mins more until light golden.
- ☐ Remove from the oven and reduce temperature to 180C/160C fan/gas
- ☐ Set aside the pastry while you make the filling.
- ☐ Mix the ricotta and crme frache with the beaten eggs. Stir in the cheese and lemon zest, then fold in the broad beans, taking care not to break or crush.
- ☐ Spread over the tart case, then place artichoke hearts on top.
- ☐ Bake for 30-40 mins, remove and serve warm with the watercress pesto.

Nutrition Facts



Properties

Glycemic Index:20.9, Glycemic Load:14.36, Inflammation Score:-8, Nutrition Score:23.381739232851%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 4.61mg, Kaempferol: 4.61mg, Kaempferol: 4.61mg, Kaempferol: 4.61mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg

Nutrients (% of daily need)

Calories: 512.33kcal (25.62%), Fat: 27.77g (42.72%), Saturated Fat: 11.25g (70.33%), Carbohydrates: 43.62g (14.54%), Net Carbohydrates: 38.09g (13.85%), Sugar: 2.47g (2.74%), Cholesterol: 115.51mg (38.5%), Sodium: 585.61mg (25.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.34g (46.69%), Vitamin K: 59.15µg (56.33%), Manganese: 1.05mg (52.31%), Selenium: 30.18µg (43.11%), Folate: 166.1µg (41.52%), Phosphorus: 400.1mg (40.01%), Calcium: 372.24mg (37.22%), Vitamin B2: 0.57mg (33.79%), Vitamin B1: 0.4mg (26.88%), Vitamin A: 1293.79IU (25.88%), Fiber: 5.53g (22.11%), Iron: 3.54mg (19.64%), Magnesium: 73.19mg (18.3%), Zinc: 2.52mg (16.81%), Copper: 0.32mg (15.79%), Vitamin C: 13.01mg (15.77%), Vitamin B3: 3.12mg (15.6%), Potassium: 488.63mg (13.96%), Vitamin E: 1.69mg (11.28%), Vitamin B6: 0.19mg (9.55%), Vitamin B12: 0.56µg (9.29%), Vitamin B5: 0.91mg (9.12%), Vitamin D: 0.53µg (3.51%)