



Courgette & goat's cheese tart

 Vegetarian

READY IN



100 min.

SERVINGS



10

CALORIES



333 kcal

Ingredients

- ☐ 500 g pastry crust
- ☐ 1 saffron threads
- ☐ 500 g zucchini grated
- ☐ 1 knob butter
- ☐ 4 eggs
- ☐ 284 ml whipping cream
- ☐ 140 g goat cheese soft
- ☐ 2 handfuls arugula

Equipment

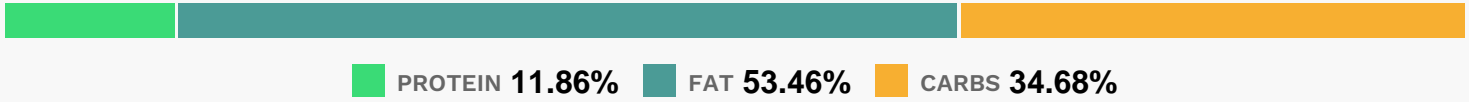
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ kitchen towels
- ☐ colander
- ☐ peeler

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Lightly dust a surface with flour, then roll out the pastry into a large, 5mm thick circle. Use to line a deep, 23cm tart tin with removable base. Trim away excess pastry. Prick all over with a fork, then line with baking paper and fill with baking beans. Cook for 10–15 mins until starting to turn golden.
- ☐ Remove paper and beans, then cook for 5 mins more until crisp and cooked through. Leave to cool.
- ☐ Meanwhile, put the saffron in a cup with 1 tbsp hot water, then leave to infuse.
- ☐ Mix grated courgettes with 1 tsp salt, then place in a colander. Slice the last courgette very thinly lengthways into long ribbons (use a vegetable peeler).
- ☐ Sprinkle with salt, then put on top of the grated courgettes.
- ☐ Put the colander over a bowl to drain for at least 30 mins. Tip into the middle of a clean tea towel over the sink, twist and squeeze the tea towel getting every drop of the green liquid out.
- ☐ Melt the butter in a large frying pan.
- ☐ Put the courgette slices to one side and add the grated courgettes to the pan. Cook, stirring, for 3 mins. Tip the grated courgettes into a bowl. Lightly beat the eggs, then add all but 2 tbsp to the courgette bowl.
- ☐ Pour in the cream, the saffron and soaking water, then mix well. Season generously with pepper, and salt if it needs it (it may be salty enough).
- ☐ Reduce oven to 180C/160C fan/gas
- ☐ Brush the remaining beaten egg over the tart case.

- ☐
- Bake for 5 mins, until the egg has set and sealed the case.
- ☐
- Pour in the mix. Crumble on the goats cheese.
- ☐
- Lay the courgette strips over the top like the spokes of a wheel.
- ☐
- Bake for 40 mins, until just set, but still a little wobbly. Cool and serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:9.82, Inflammation Score:-6, Nutrition Score:11.18652171674%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 333.34kcal (16.67%), Fat: 19.83g (30.51%), Saturated Fat: 11.02g (68.89%), Carbohydrates: 28.94g (9.65%), Net Carbohydrates: 27.43g (9.97%), Sugar: 2.45g (2.72%), Cholesterol: 108.71mg (36.24%), Sodium: 344.32mg (14.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.9g (19.8%), Selenium: 18.44µg (26.34%), Vitamin B2: 0.41mg (24.06%), Vitamin B1: 0.32mg (21.16%), Vitamin A: 907.06IU (18.14%), Manganese: 0.36mg (18%), Folate: 71.04µg (17.76%), Phosphorus: 146.35mg (14.64%), Iron: 2.45mg (13.62%), Vitamin B3: 2.37mg (11.83%), Vitamin C: 9.73mg (11.79%), Copper: 0.2mg (9.92%), Vitamin B6: 0.17mg (8.72%), Vitamin K: 9.13µg (8.69%), Vitamin B5: 0.71mg (7.11%), Calcium: 68.72mg (6.87%), Potassium: 237.92mg (6.8%), Magnesium: 24.79mg (6.2%), Fiber: 1.51g (6.06%), Vitamin D: 0.87µg (5.77%), Zinc: 0.85mg (5.67%), Vitamin E: 0.64mg (4.26%), Vitamin B12: 0.23µg (3.88%)