

EGGS

Crispy and Delicious Asparagus and Potato Tart

23 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
65 min	15 min	50 min	4	\$3.05	896 kcal



Crispy and Delicious Asparagus and Potato Tart takes about 1 hour and 5 minutes from beginning to end. This recipe serves 4 and costs \$3.05 per serving. One portion of this dish contains roughly 39g of protein, 82g of fat, and a total of 1111 calories.

Ingredients

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| ☐ 1 pound asparagus spears, woody ends removed | ☐ 4 servings Freshly ground black pepper |
| ☐ ½ cup butter, melted | ☐ ½ cup freshly grated Cheddar |
| ☐ 3 large organic or free-range eggs | ☐ 8 ounces filo pastry |
| ☐ 8 ounce heavy cream | ☐ ½ cup freshly grated Lancashire cheese |
| ☐ ¼ whole fresh nutmeg | ☐ 1 pound potatoes, peeled and cut into chunks |
| ☐ 4 servings Sea salt | |

Method

- 1 Put your potatoes into a pan of salted boiling water and cook for 15 minutes. Meanwhile blanch your asparagus in a separate pan of salted boiling water for 4 minutes, and drain in a colander.
- 2 Preheat the oven to 375 degrees F.
- 3 Get an ovenproof dish - I've used many different shapes and sizes.
- 4 Layer the sheets of filo pastry in the dish, brushing them with melted butter as you go and letting about 1-inch hang over the edge. You want to get the pastry about 5 layers thick. Put a clean, damp kitchen towel over the top and put aside.
- 5 When the potatoes are done, mash them with the cheeses. In a separate bowl, mix together the eggs and cream and stir into your cheesy mashed potato. Grate in the nutmeg, season well with pepper and mix together.
- 6 Spread the mashed potato over the filo pastry, then bring up the sides of the filo and scrunch them together to form a rim. Take your blanched asparagus and line them up across the filling, making sure you cover it all.
- 7 Brush all over with the remaining melted butter and pop into the preheated oven for around 20 minutes, or until golden and crisp. Allow to rest for 10 minutes.
- 8 Serve just as you would a quiche for a quick lunch or supper, with a salad.
- 9 "Our agreement with the producers of "Jamie at Home" only permit us to make 2 recipes per episode available online. Food Network regrets the inconvenience to our viewers and foodnetwork.com users"

Nutrition per serving

896	25 g	65 g	56 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			38.4 g · 240% of daily needs
Fibre			6 g · 24% of daily needs
Sugar			5 g · 6% of daily needs
Sodium			961 mg · 42% of daily needs
Cholesterol			308 mg · 103% of daily needs
Vitamin C			29 mg · 35% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/crispy-and-delicious-asparagus-and-potato-tart-144722