



## Deep-filled asparagus & mascarpone tartlets

 Vegetarian

READY IN



70 min.

SERVINGS



12

CALORIES



370 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 500 g block all-butter puff pastry
- ☐ 12 asparagus spears
- ☐ 250 g mascarpone cheese
- ☐ 4 eggs
- ☐ 100 g goat's cheese crumbled

## Equipment

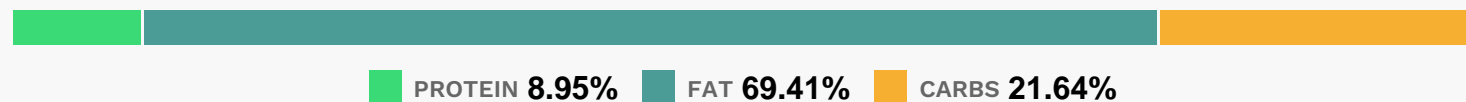
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ aluminum foil
- ☐ muffin tray
- ☐ immersion blender

## Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Roll out the pastry on a lightly floured surface and cut into 12 pieces, roughly 8cm square. Use each piece to line the holes of a 12-hole muffin tin and use a ball of trimmings to press the pastry right down into the corners.
- ☐ Press a large piece of foil over the tin and down into the holes, then fill each with baking beans.
- ☐ Bake for 15 mins until puffed up and golden, then remove the foil and cook for 10 mins more. Dont worry if the pastry puffs right up.
- ☐ Meanwhile, trim the asparagus and separate the stalks from the tips. Bring a large pan of water to the boil, cook the stalks for 6 mins, then fish them out and place in a bowl of iced water. When cold, drain them again. Cook the tips separately for 3 mins, then place in the iced water.
- ☐ Put the stalks, mascarpone and eggs into a small bowl, season generously with salt and pepper, then use a hand blender to blitz everything to a frothy green custard.
- ☐ Use a spoon to push the pastry back down into the holes and fill each with the custard. Drop an asparagus tip into each, then crumble over the goats cheese. Return the tarts to the oven for 10-15 mins until the custard has puffed up and set. Leave to cool before removing from the tins.

## Nutrition Facts



## Properties

Glycemic Index:7.33, Glycemic Load:10.26, Inflammation Score:-5, Nutrition Score:7.3217391293982%

## Flavonoids

Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 369.51kcal (18.48%), Fat: 28.42g (43.72%), Saturated Fat: 11.53g (72.07%), Carbohydrates: 19.93g (6.64%), Net Carbohydrates: 18.97g (6.9%), Sugar: 0.74g (0.82%), Cholesterol: 79.23mg (26.41%), Sodium: 167.02mg (7.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.24g (16.49%), Selenium: 15.19µg (21.7%), Vitamin B2: 0.24mg (14.07%), Vitamin B1: 0.2mg (13.36%), Vitamin K: 13.56µg (12.91%), Folate: 48.71µg (12.18%), Manganese: 0.24mg (12.05%), Vitamin A: 578.33IU (11.57%), Iron: 1.82mg (10.13%), Vitamin B3: 1.94mg (9.7%), Phosphorus: 83.69mg (8.37%), Copper: 0.15mg (7.46%), Calcium: 57.05mg (5.71%), Fiber: 0.96g (3.84%), Vitamin E: 0.57mg (3.83%), Zinc: 0.57mg (3.82%), Vitamin B6: 0.07mg (3.45%), Vitamin B5: 0.33mg (3.25%), Magnesium: 12mg (3%), Vitamin B12: 0.15µg (2.44%), Potassium: 80.14mg (2.29%), Vitamin D: 0.33µg (2.18%), Vitamin C: 0.9mg (1.09%)