



Ham, tomato & watercress tart

READY IN



70 min.

SERVINGS



8

CALORIES



555 kcal

Ingredients

- ☐ 200 g flour plain
- ☐ 50 g polenta for dusting fine
- ☐ 140 g butter cold cut into small pieces
- ☐ 50 g parmesan finely grated
- ☐ 1 eggs
- ☐ 4 egg yolk
- ☐ 400 ml double cream
- ☐ 150 g deli honey ham smoked
- ☐ 100 g alouette all natural sundried tomato and basil spreadable cheese
- ☐ 1 handful watercress

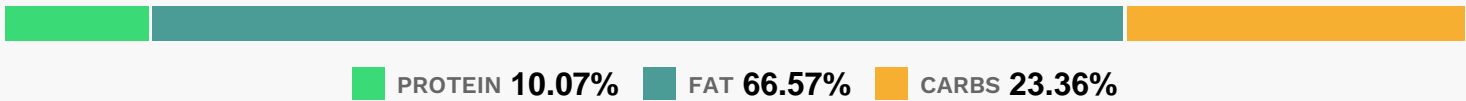
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ serrated knife

Directions

- ☐ Place the flour, polenta, butter and a pinch of salt into a food processor, then whizz until the mixture resembles fine breadcrumbs. Tip in the Parmesan and egg, then pulse through 2 tbsp cold water until the mixture forms a ball. Wrap in cling film, then chill for 30 mins.
- ☐ Dust a work surface with more polenta, then roll out the pastry to the thickness of a 1 coin and wide enough to fit a 28cm tart case. Gently ease into the case, then trim away any big bits of overhanging pastry (leave a little excess sticking up around the edges as the pastry will shrink when cooking). Chill for another 30 mins.
- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Place a sheet of baking parchment into the pastry case, then fill with baking beans.
- ☐ Bake for 15 mins.
- ☐ Remove the beans and parchment, then bake for another 5 mins or until the pastry is golden. Leave to cool a little. Use a serrated knife to trim away any bits of overhanging pastry, then place the pastry case on a baking sheet.
- ☐ Reduce oven to 180C/fan 160C/gas
- ☐ Whisk the eggs and cream with a little salt. Arrange the ham, tomatoes and watercress in the case, then pour around the egg mixture. Cook for 30 mins, just until the egg has set. Can be made up to 1 day ahead and chilled.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:13.86, Inflammation Score:-7, Nutrition Score:11.544782584128%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 555.1kcal (27.75%), Fat: 41.14g (63.29%), Saturated Fat: 24.15g (150.92%), Carbohydrates: 32.48g (10.83%), Net Carbohydrates: 31.35g (11.4%), Sugar: 2.24g (2.49%), Cholesterol: 228mg (76%), Sodium: 547.25mg (23.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.01g (28.02%), Selenium: 23.61µg (33.73%), Vitamin A: 1438.06IU (28.76%), Vitamin B1: 0.35mg (23.24%), Vitamin B2: 0.36mg (21.26%), Phosphorus: 194.5mg (19.45%), Folate: 65.34µg (16.33%), Calcium: 158.2mg (15.82%), Iron: 2.32mg (12.86%), Vitamin B3: 2.45mg (12.25%), Vitamin D: 1.56µg (10.42%), Manganese: 0.19mg (9.41%), Vitamin B12: 0.53µg (8.83%), Vitamin E: 1.26mg (8.37%), Zinc: 1.22mg (8.15%), Vitamin B6: 0.16mg (7.81%), Vitamin B5: 0.76mg (7.55%), Potassium: 164.48mg (4.7%), Magnesium: 18.51mg (4.63%), Fiber: 1.13g (4.53%), Copper: 0.07mg (3.74%), Vitamin K: 3.43µg (3.26%)