



Potato, Taleggio & spinach tart

READY IN



150 min.

SERVINGS



6

CALORIES



357 kcal

Ingredients

- ☐ 300 g bread flour white for dusting
- ☐ 1 yeast
- ☐ 1 tbsp olive oil plus a little extra
- ☐ 300 g potatoes (no need to peel them)
- ☐ 200 g baby spinach
- ☐ 200 g taleggio cheese thinly sliced (or vegetarian alternative)
- ☐ 9 servings rosemary
- ☐ 4 tbsp parmesan freshly grated (or vegetarian alternative)

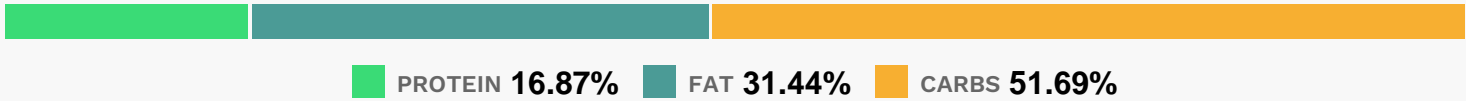
Equipment

- ☐ bowl
- ☐ oven
- ☐ kitchen towels
- ☐ colander

Directions

- ☐ Tip the flour and the yeast into a bowl and mix well. Stir in tsp salt, then make a well in the centre and add 200ml hand-hot water and the oil and mix to a soft dough. Turn out onto a lightly floured surface and knead for 5 mins until the dough is smooth and silky. Return to the bowl, cover with a clean tea towel and leave to rise for 1 hr.
- ☐ Meanwhile, boil the potatoes, then drain. Leave until cool enough to handle, then peel and cut into thin slices.
- ☐ Put the spinach into a metal colander and pour over boiling water from a kettle to just wilt the leaves. Press out excess water using the edge of a saucer.
- ☐ Knead the risen dough and roll out to line a 30 x 36cm shallow rectangular tin. Arrange the spinach over the pastry to within 2cm of the edges. Arrange the potatoes and Taleggio alternately over the top and scatter with rosemary.
- ☐ Sprinkle the Parmesan over the filling and the pastry edges and drizzle with a little olive oil. Leave to rise again for 20 mins.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Bake for 20-25 mins until the pastry is golden and the topping melted and golden brown.
- ☐ Serve cut into squares.

Nutrition Facts



Properties

Glycemic Index:46.63, Glycemic Load:30.09, Inflammation Score:-10, Nutrition Score:19.230434741015%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 2.53mg, Kaempferol: 2.53mg, Kaempferol: 2.53mg, Kaempferol: 2.53mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin:

0.12mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 356.73kcal (17.84%), Fat: 12.57g (19.34%), Saturated Fat: 6.99g (43.69%), Carbohydrates: 46.48g (15.49%), Net Carbohydrates: 43.34g (15.76%), Sugar: 0.71g (0.79%), Cholesterol: 28.6mg (9.53%), Sodium: 476.94mg (20.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.17g (30.35%), Vitamin K: 163.56µg (155.77%), Vitamin A: 3808.39IU (76.17%), Manganese: 0.78mg (38.77%), Selenium: 21.1µg (30.15%), Calcium: 267.96mg (26.8%), Folate: 93.76µg (23.44%), Vitamin C: 19.31mg (23.4%), Magnesium: 52.22mg (13.06%), Potassium: 452.61mg (12.93%), Fiber: 3.14g (12.57%), Vitamin B6: 0.24mg (11.96%), Phosphorus: 117.63mg (11.76%), Iron: 1.83mg (10.17%), Copper: 0.19mg (9.55%), Vitamin B1: 0.13mg (8.43%), Vitamin E: 1.23mg (8.17%), Vitamin B2: 0.13mg (7.49%), Vitamin B3: 1.35mg (6.73%), Zinc: 0.86mg (5.71%), Vitamin B5: 0.43mg (4.26%)