



Purple sprouting broccoli, leek & almond tart

 Very Healthy

READY IN



55 min.

SERVINGS



6

CALORIES



838 kcal

Ingredients

- ☐ 1 tbsp canola oil
- ☐ 2 leek finely sliced
- ☐ 500 g puff pastry
- ☐ 1 tbsp semolina
- ☐ 6 broccoli trimmed
- ☐ 150 ml crème fraîche canned (you can use half-fat)
- ☐ 50 g parmesan finely grated (or vegetarian alternative)
- ☐ 2 egg yolk
- ☐ 25 g almonds flaked

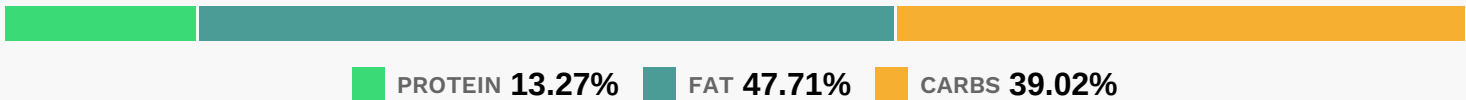
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Heat a frying pan with a lid over a medium heat and add the oil. Cook the leeks, with the lid on, stirring occasionally until just tender about 5 mins. Set aside.
- ☐ On a lightly floured surface, roll out the pastry and cut out a rough 26cm circle use a big dinner plate as a template. Cover a baking tray with baking parchment, sprinkle the polenta or semolina over it, and place the pastry circle on top. Score a circle about 2cm from the edge.
- ☐ Spread the leeks out evenly inside the scored circle, then bake for 10 mins until the edges have puffed up.
- ☐ Remove from the oven and turn heat down to 200C/180C fan/gas
- ☐ Bring a medium pan of water to the boil.
- ☐ Blanch the broccoli in the boiling water for 1 min, then drain and cool under running water.
- ☐ Drain again and arrange on top of the leeks.
- ☐ Mix together the crme frache, Parmesan, egg yolks and some seasoning, then pour evenly over the veg.
- ☐ Sprinkle with the flaked almonds.
- ☐ Bake the tart for 15-20 mins until golden.
- ☐ Serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:35.17, Glycemic Load:30.41, Inflammation Score:-10, Nutrition Score:53.717826179836%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 4.86mg, Luteolin: 4.86mg, Luteolin: 4.86mg, Luteolin: 4.86mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 48.48mg, Kaempferol: 48.48mg, Kaempferol: 48.48mg, Kaempferol: 48.48mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 19.86mg, Quercetin: 19.86mg, Quercetin: 19.86mg, Quercetin: 19.86mg

Nutrients (% of daily need)

Calories: 837.71kcal (41.89%), Fat: 46.98g (72.28%), Saturated Fat: 13.47g (84.19%), Carbohydrates: 86.47g (28.82%), Net Carbohydrates: 68.26g (24.82%), Sugar: 13.22g (14.69%), Cholesterol: 84.81mg (28.27%), Sodium: 558.05mg (24.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.4g (58.79%), Vitamin C: 546.11mg (661.96%), Vitamin K: 649.73µg (618.79%), Folate: 484.17µg (121.04%), Manganese: 1.94mg (97.21%), Vitamin A: 4586.27IU (91.73%), Fiber: 18.21g (72.84%), Vitamin B2: 1.12mg (65.76%), Selenium: 44.17µg (63.1%), Potassium: 2105.22mg (60.15%), Vitamin B6: 1.2mg (59.87%), Phosphorus: 584.76mg (58.48%), Vitamin B1: 0.83mg (55.22%), Vitamin E: 7.21mg (48.08%), Calcium: 454.18mg (45.42%), Iron: 7.71mg (42.81%), Magnesium: 168.12mg (42.03%), Vitamin B3: 7.82mg (39.11%), Vitamin B5: 3.86mg (38.58%), Copper: 0.49mg (24.39%), Zinc: 3.57mg (23.82%), Vitamin B12: 0.27µg (4.47%), Vitamin D: 0.37µg (2.44%)