



Salmon & broccoli lattice tart

READY IN



50 min.

SERVINGS



4

CALORIES



713 kcal

Ingredients

- ☐ 100 g broccoli cut into florets
- ☐ 85 g watercress chopped
- ☐ 4 tbsp crème fraîche
- ☐ 425 g sheets puff pastry
- ☐ 1 eggs beaten
- ☐ 170 g salmon fillet flaked
- ☐ 4 servings green beans steamed

Equipment

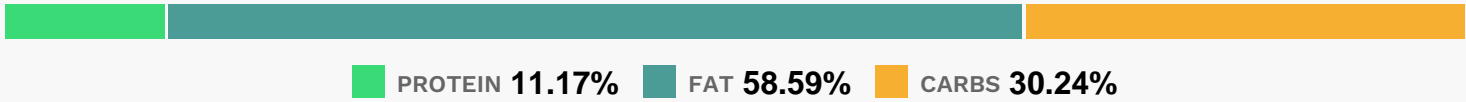
- ☐ food processor

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Cook the broccoli in lots of boiling water until tender.
- ☐ Drain and rinse in cold water until cool.
- ☐ Drain well and set aside. In a mini chopper or food processor, blitz the watercress and crme frache with some seasoning.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Unroll the pastry sheets.
- ☐ Place one on a baking sheet.
- ☐ Cut out a 2cm-wide border from the second sheet, like a picture frame, and stick this onto the first sheet with some of the beaten egg. Prick the base all over with a fork.
- ☐ Bake for 10 mins until golden.
- ☐ Cut remaining pastry into 2cm wide strips.
- ☐ Spread on the crme frache, scatter with the flaked salmon, broccoli and seasoning, and top with the strips of pastry to make a lattice.
- ☐ Brush with beaten egg and cook for 20-25 mins until pastry is golden and cooked through and the filling is hot.
- ☐ Serve with green beans.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:27.4, Inflammation Score:-8, Nutrition Score:27.393043134523%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 7.1mg, Kaempferol: 7.1mg, Kaempferol: 7.1mg, Kaempferol: 7.1mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 8.69mg, Quercetin: 8.69mg, Quercetin: 8.69mg, Quercetin: 8.69mg

Nutrients (% of daily need)

Calories: 713.16kcal (35.66%), Fat: 46.78g (71.98%), Saturated Fat: 12.28g (76.75%), Carbohydrates: 54.32g (18.11%), Net Carbohydrates: 50.49g (18.36%), Sugar: 3.5g (3.89%), Cholesterol: 71.38mg (23.79%), Sodium: 322.86mg (14.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.07g (40.13%), Vitamin K: 119.59µg (113.9%), Selenium: 46.19µg (65.99%), Vitamin C: 38.26mg (46.37%), Vitamin B3: 8.39mg (41.97%), Vitamin B1: 0.61mg (40.51%), Vitamin B2: 0.64mg (37.92%), Manganese: 0.75mg (37.64%), Folate: 135.2µg (33.8%), Vitamin A: 1365.56IU (27.31%), Vitamin B6: 0.54mg (27.11%), Vitamin B12: 1.47µg (24.58%), Phosphorus: 229.8mg (22.98%), Iron: 4.05mg (22.51%), Potassium: 568.42mg (16.24%), Fiber: 3.84g (15.34%), Copper: 0.3mg (15.2%), Magnesium: 55.31mg (13.83%), Vitamin B5: 1.25mg (12.49%), Calcium: 91.61mg (9.16%), Vitamin E: 1.37mg (9.12%), Zinc: 1.27mg (8.5%), Vitamin D: 0.22µg (1.47%)