



## Smoked haddock, spring onion & saffron tart

READY IN



95 min.

SERVINGS



6

CALORIES



458 kcal

### Ingredients

- ☐ 500 g pack shortcrust pastry
- ☐ 2 fillet haddock smoked with skin on ( 500g 1lb 2oz)
- ☐ 1 tbsp butter
- ☐ 2 bunches spring onion finely sliced
- ☐ 3 eggs
- ☐ 300 g crème fraîche (or a 300ml pot double cream)
- ☐ 1 tsp dijon mustard
- ☐ 1 pinch saffron threads good
- ☐ 1 handful chives finely chopped
- ☐ 85 g mature cheddar grated

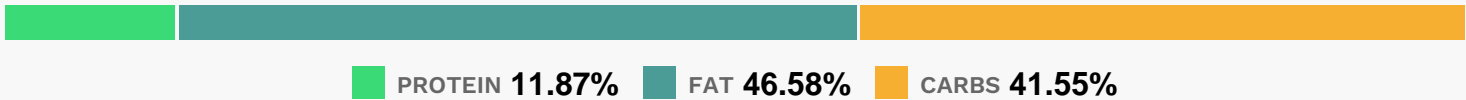
# Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

# Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Roll the pastry out on a floured surface to fit a 23cm fluted tart tin. Line the case with pastry, leaving plenty of overhang. Line the pastry with baking parchment, fill with baking beans and sit it on a baking sheet.
- ☐ Bake for 15 mins, until the pastry looks pale and feels a little sandy.
- ☐ Remove the paper and beans, then return to the oven for 10 mins more, until just golden.
- ☐ Meanwhile, bring a pan of water to a simmer. Drop in the haddock, skin-side down, and poach for 5 mins or until the flesh turns white.
- ☐ Drain, then cool a little. Peel away and discard the skin, then flake the flesh into the pastry case. Look out for any bones as you go.
- ☐ Melt the butter in a frying pan, then gently cook the spring onions for about 3 mins or until softened but still a vibrant green. Beat the eggs, crme frache or cream, mustard and saffron together in a jug, then add the chives and season with salt and pepper.
- ☐ Turn oven down to 160C/140C fan/gas
- ☐ Scatter the cheese and spring onions over the fish, then pour the egg mix over.
- ☐ Bake for about 50 mins, or until pale golden and just set in the middle.
- ☐ Let the tart cool completely before trimming the pastry around the edges. Leave the tart in its tin to transport. The tart is also very good hot or warm.

# Nutrition Facts



# Properties

Glycemic Index:49, Glycemic Load:16.28, Inflammation Score:-6, Nutrition Score:14.490869356238%

## Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

## Nutrients (% of daily need)

Calories: 458.08kcal (22.9%), Fat: 23.58g (36.28%), Saturated Fat: 10.91g (68.17%), Carbohydrates: 47.32g (15.77%), Net Carbohydrates: 45.48g (16.54%), Sugar: 2.2g (2.44%), Cholesterol: 130.85mg (43.62%), Sodium: 570.13mg (24.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.52g (27.04%), Selenium: 32.53µg (46.48%), Vitamin B1: 0.48mg (32.03%), Vitamin B2: 0.54mg (31.76%), Folate: 95.66µg (23.91%), Manganese: 0.43mg (21.55%), Phosphorus: 214.62mg (21.46%), Vitamin K: 21.4µg (20.38%), Iron: 3.27mg (18.14%), Calcium: 179.78mg (17.98%), Vitamin B3: 3.53mg (17.67%), Vitamin A: 741.08IU (14.82%), Zinc: 1.42mg (9.47%), Vitamin B5: 0.83mg (8.29%), Vitamin B12: 0.46µg (7.67%), Fiber: 1.84g (7.38%), Magnesium: 26.49mg (6.62%), Copper: 0.12mg (6.11%), Potassium: 192.83mg (5.51%), Vitamin B6: 0.1mg (5.03%), Vitamin E: 0.7mg (4.66%), Vitamin D: 0.53µg (3.52%), Vitamin C: 2.35mg (2.85%)