

Less than 1 hour

Serves 4

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Ingredients:

Tart case:

- 1 packet (400g) PnP puff pastry

Roasted carrots:

- 2 packets (300g each) baby carrots (or 1 packet large carrots cut into sticks)
- Glug olive oil
- 1 tsp (5ml) cumin seeds
- 2 Tbsp (30ml) olive oil + extra for dressing
- 2 onions, chopped
- 1 cup (250ml) milk
- 2 logs (100g each) goat's cheese
- 4 extra-large eggs
- Salt and milled pepper
- 1 packet (80g) watercress or rocket
- Balsamic vinegar
- Fresh thyme sprigs
- Dukkah spice, for serving (optional)

Method

You can make a crustless quiche by omitting the pastry and baking in an oven dish lined with baking paper. Avoid loose-bottomed tins, as your filling might spill.

1. Roll out puff pastry on a floured surface so that it is slightly thinner, then line a 25cm tart tin.

2. Trim edges and blind bake at 160°C for 10 minutes. Cool and set aside.
3. Spread baby carrots on a baking tray.
4. Drizzle with olive oil, season and sprinkle with cumin seeds.
5. Roast for 15 minute, tossing occasionally, until cooked through.
6. Heat 1 Tbsp (15ml) oil in a pan and sauté onion until soft.
7. Blitz milk, cheese and eggs until smooth, using a stick blender. Season.
8. Spread onion on the base of the tart case, pour in the cheese mixture and smooth over the base.
9. Arrange carrots on top, drizzle with remaining oil and bake for about 25 minutes or until set.
10. Toss salad leaves with balsamic and olive oil.
11. Top tart with salad leaves and thyme, and sprinkle with dukkah before serving.

Cook's note: Can't find dukkah, make your own!

Toast 1 packet (100g) PnP raw cashew nuts in a dry pan with 2 Tbsp (30ml) sesame seeds, ¼ cup (60ml) sunflower seeds, 1 tsp each (5ml) cumin seeds, chilli flakes, smoked paprika and sea salt flakes until golden and fragrant.