

Artichoke, Tomato & Black Olive Tart



R & J Mazza
GLOBE ARTICHOKES

Ingredients

200g artichoke hearts, chopped,
1 tablespoon cooking oil,
2 cloves garlic, finely chopped,
½ onion, chopped,

5 sheets filo pastry,
Spray can extra light olive oil,
4 eggs,
1/3 cup cream,
1/3 cup natural yoghurt,
150g baby tomatoes, halved,
100g creamy goats cheese,
12 black pitted olives, quartered,
1/3 cup pine nuts, toasted,
¼ cup parmesan cheese,
¼ cup mint, chopped,
Salt & cracked pepper, to taste,



How to Prepare

1. Heat oven to 180°C.
2. Place oil in pan and gently sauté artichokes, onion and garlic until cooked. Cool.
3. Beat eggs, yoghurt and cream in bowl to mix. Add remaining ingredients and artichoke mixture and combine.
4. Brush 26cm round tart dish with oil. Place a sheet of filo pastry on a flat surface. Gently brush or spray with oil and place into tart dish. Place another sheet of filo pastry on flat surface, spray or brush with oil and place into tart dish. Repeat until you have used all remaining sheets.
5. Pour artichoke mixture into tart dish and bake for 25 minutes.

Serves 6

