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Silverbeet & Ricotta Tart with Crunchy Filo Pastry

This perfect combination of ricotta, silverbeet and eggs is part frittata, part pie and all delicious. For the perfect result, a little patience when browning the onions and a gentle bake will ensure the dish is one for the family recipe book.



Prep: 20 mins



Cook: 30 mins



Total: 50 mins



level 1



nut free

Pantry Items



Olive Oil



Brown Onion



Garlic



Silverbeet



Ricotta



Eggs



Lemon




Filo Pastry

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2P	4P	Ingredients
1 tbs	2 tbs	olive oil, plus extra for brushing *
1	2	brown onion, finely sliced
1 clove	2 cloves	garlic, peeled & crushed 
1 bunch	2 bunches	silverbeet, finely chopped (leaves & stalks) 
1 tub	2 tubs	ricotta
4	8	eggs, lightly beaten 
½	1	lemon, zested & cut into wedges 
4 sheets	8 sheets	filo pastry, halved

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2320	Kj
Protein	35.4	g
Fat, total	26.5	g
-saturated	9	g
Carbohydrate	41.6	g
-sugars	9.1	g
Sodium	780	mg



You will need: *chef's knife, chopping board, garlic crusher, zester, medium frying pan, wooden spoon, two medium bowls, shallow baking dish and pastry brush.*

1 Preheat the oven to **200°C/180°C** fan-forced.

2 Heat the **olive oil** in a medium frying pan over a medium-high heat. Add the **brown onion** and cook, stirring, for **5 minutes**, or until soft. Add the **garlic** and cook for **1 minute**, or until fragrant. Add the **silverbeet** (including the chopped white stalks) and cook, stirring, for **3 minutes**, or until soft. Transfer to a medium bowl.

3 In another medium bowl combine the **ricotta** and **eggs**. Stir the ricotta mixture through the silverbeet mixture with the **lemon zest**. Season well with **salt** and **pepper**.

4 Line a shallow baking dish with the sheets of **filo pastry**, brushing each sheet with olive oil and then stacking them on top of each other. Make sure the pastry hangs over the edges of the baking dish slightly. Brush edges lightly with oil. Spoon the silverbeet and ricotta mixture into the centre of the baking dish. Cook in the oven for **20-25 minutes**, or until the filling feels set to the touch (it should spring back a little when gently poked) and the pastry is golden. Remove from the oven and set aside for at least **5 minutes** before serving.

Tip: If you find it too tedious to brush each layer with oil, skip it, but it makes the pie nice and crispy.

5 To serve, divide the tart between plates and squeeze with lemon wedges.

Did you know? The Greeks were the first to regard silverbeet as a food and later the Romans considered it a delicacy.

