

Herby Vegetable Tartlets

Ingredients

Filling

- 1 tablespoon vegetable oil
- 1 small onion, peeled and finely diced
- 1 small courgette, finely diced
- 75g/3oz mushrooms, finely diced
- 1 tin chopped tomatoes
- Salt and pepper

Pastry

- 150g/6oz Juvela Low Protein Mix
- ½ teaspoon salt
- 40g/ hard margarine
- 40g lard
- ½ teaspoon mixed dried herbs
- Cold water to mix
- Oven temperature: 190°C/375°C/Gas Mark 5

Method

1. To make the filling, heat the oil and fry the onion, courgette and mushrooms until just soft.
2. Stir in the tomatoes and season to taste. Cook gently for 2-3 minutes until slightly reduced. Allow to cool.
3. To make the pastry, place the low protein mix and salt in a bowl and rub in the margarine and lard to resemble fine breadcrumbs.
4. Stir in the herbs and sufficient water to form a soft, but not sticky, dough.
5. Knead the dough well for 3-4 minutes on a surface lightly dusted with low protein mix.
6. Roll the pastry out, cut 7.5cm (3") rounds and use to line tartlet tins.
7. Place a spoonful of the cooled filling in each tart and bake in a preheated oven for 15-20 minutes until the pastry is crispy.

This recipe was provided by Juvela