



Asparagus and Cheese Tart

Method:

You'll need:

- 1 sheet ready-rolled puff pastry
- 1 bunch asparagus, woody ends removed
- 3 eggs
- 150ml milk or cream
- 100g grated cheddar or soft cheese
(e.g. goats cheese)
- 1 tsp mustard (optional)
- Salt and black pepper
- 1 tbsp olive oil

1. Preheat oven to 200C (180°C fan).
2. Place the puff pastry on a lined baking tray and score a small border around the edge.
3. Lightly brush the asparagus with olive oil and blanch for 2-3 minutes, then set aside.
4. Whisk together eggs, milk/cream, mustard, salt, and pepper. Stir in most of the cheese.
5. Pour the mixture onto the pastry, staying within the border.
6. Arrange asparagus on top and sprinkle with remaining cheese.
7. Bake for 25-30 minutes, until golden and set.
8. Allow to cool slightly before slicing and serving.