






Cooking Made Easy

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Pesto & Asparagus Tarts with Rocket & Toasted Pine Nuts

It's not nice on the other dishes to choose a favourite, but we have to say that this one currently gets to sit in the front seat of the car. Made with the freshest, most seasonal asparagus we could lay our mitts on, together with light puff pastry and peppery rocket, it tastes every bit as impressive as it looks on the dinner table. Don't get too complimentary though, or the other recipes might get a complex.

 35 min

 veggie



Asparagus



Crème Fraîche



Basil Pesto



Hard Italian Cheese



Dorset Puff Pastry



Pine Nuts



Rocket

Ingredients

	2P	4P
Asparagus	A handful	2 handfuls
Crème Fraîche 1	3 tbsp	6 tbsp
Basil Pesto 1	1½ tbsp	3 tbsp
Hard Italian Cheese, grated 1	2 tbsp	4 tbsp
Dorset Puff Pastry Sheet 2, 3	1	2
Pine Nuts	2 tbsp	4 tbsp
Rocket	1 bag	2 bags

🌱 May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Milk | 2) Gluten

3) Egg

Nutrition per serving: Calories: 697 kcal | Protein: 13g | Carbs: 27 g | Fat: 59g | Saturated Fat: 20 g



1 Preheat the oven to 200 degrees and boil a large pot of water. Cut the bottom 3cm from your asparagus as this is a little too tough and woody for eating. Cut the asparagus in half widthways and boil for 1 minute. Drain, run under cold water and drain again.



2 Mix the crème fraîche with the pesto and half of the grated cheese.



3 Unroll the pastry onto a lightly greased baking tray and cut into a rectangle. Use a kitchen knife to mark a border around the tart, 1cm from the edge.



4 Spread the crème fraîche mixture inside the border. Place the drained asparagus over the mixture. **Tip:** Make sure the asparagus is dry before you put it on the tart.

5 Scatter the pine nuts on top. Bake for 15-20 mins until the pastry has risen and is nice and golden. **Tip:** For a more golden finish brush the 1cm pastry border with a little milk if you have some.

6 Mix your rocket with 2 tsp of best quality olive oil and a pinch of salt and pepper.

7 Scatter the rocket and remaining cheese over the cooked tart and serve it straight away. **Tip:** We like serving one large tart to cut at the table but you can make mini ones if you like. **Tip:** Keep any spare pastry in the freezer and you can make a similar dish with any other veg you happen to have in the fridge another day!