

Vegetable Tart

This beautiful vegan vegetable tart looks super extra but it's actually not hard to make.

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Prep Time 15 mins Cook Time 30 mins Total Time 45mins



Ingredients

- 1-2 tomatoes, cut into thin slices
- 1 teaspoon salt
- 1 summer squash, cut into thin slices
- 1 shortcrust pastry sheet
- 3-4 tsp cream cheese
- 1 tbsp Pesto
- Few twists of cracked black pepper
- ½ teaspoon Italian seasonings
- Coconut oil cooking spray
- Fresh basil, for topping

Instructions

1. Preheat your oven to 200C and line a baking sheet with parchment paper. If you're using a pre-made shortcrust pastry, take it out of the fridge to soften.
2. Place a mesh strainer over a mixing bowl. Set the sliced tomatoes in the strainer and toss with salt to release moisture. Check on the tomatoes every few minutes and pour off any liquid that has collected in the bowl.
3. In a small bowl mix the pesto and cream cheese together.
4. Transfer the pastry to the prepared baking sheet.
5. Scoop the cream cheese mixture onto the pastry and use a spoon to spread it in an even layer, leaving a 1-inch border all the way around.
6. Place a layer of summer squash slices on top of the cream cheese mixture, followed by a layer of tomatoes. Finish it off with a few more pieces of summer squash, then season with black pepper and Italian seasonings. Fold the edges of the puff pastry over the filling and lightly mist with coconut oil cooking spray.
7. Bake the tomato & summer squash tart for 30 minutes or until the crust is golden and crisp. Remove the tart from the oven and sprinkle with fresh basil. Slice and serve warm.