



Salmon and fetta tart

PREP: 10 min COOK: 60 min SERVES: 12 FAT P/SERVE: 13g ENERGY P/SERVE: 835kJ

EQUIPMENT LIST:

- Tart tin
- Whisk
- Bowl

INGREDIENTS:

- Puff pastry
- 200g Smoked salmon
- 200g feta cheese
- 6 Eggs
- 300mL Cream
- 1 Teaspoon Chopped Dill
- ½ bunch Sliced chives
- Salt & Pepper

TIPS:

- ✓ Eggs cook at a low temperature so allow it time to cook slowly
- ✓ When a skewer inserted comes out clean and the tart just wobbles in the middle it is ready

METHOD:

1. Spray a flan tin with non-stick spray.
2. Line tin with puff pastry, trying not to 'stretch' the pastry. Leave it to overlap the top of the tin,
3. Blind bake without colour (about 5-7 minutes at 160c)
4. Remove from the oven & cut away the top of the pastry with scissors
5. Cut cheese into dice size portions
6. Slice salmon
7. Slice chives
8. Mix eggs with cream, chives & dill, salt & pepper.
9. Pour egg mix into pastry
10. Arrange fetta, (crumbling it if necessary) & salmon in layers to prevent it all sinking
11. Bake at 160c for 30-45 mins, then check. It will probably take about an hour & you may need to turn it down for the middle to set, so that it just wobbles.
12. Remove from the oven & allow to sit to set before cutting.

NOTES:

You may need to adjust the cooking times if you use a smaller flan tin than that on the video.

You can also use a cheesecake tin, or a cake tin if you don't have a flan tin.

THIS IS A SUPER RECIPE FOR PEOPLE WITH CF.

IT IS HIGH IN ENERGY, PROTEIN, SODIUM AND IS ALSO DELICIOUS. ENJOY!

Per slice



Estimated Nutrient analysis sourced from:
CalorieKing Wellness Solutions 2015. CalorieKing Australia Food Search
Available from: <https://itunes.apple.com/au/app/calorieking-australia-food/id460918620?mt=8>

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