

Easy apricot tarts



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Preparation about 15 minutes

Cooking about 15 minutes

Serves 4

2 sheets frozen ready rolled puff pastry

1 egg, lightly beaten

2 tbs almond meal

2 tbs caster sugar

6–8 ripe apricots, stone removed and cut into thick wedges

$\frac{1}{3}$ cup apricot conserve or jam, warmed
vanilla ice-cream, to serve

1. Preheat oven to 220°C (fan forced). Place pastry sheets on a board to slightly defrost.
2. Brush one side of one sheet of pastry with egg, top with another sheet of pastry. Cut into quarters. Place pastry squares on a baking tray lined with non-stick baking paper.
3. Sprinkle each with almond meal and half the sugar. Arrange apricots wedges upright on each pastry square. Sprinkle with remaining sugar. Bake for 10–12 minutes until puffed and golden. Remove from oven and brush with warm apricot jam. Bake for a further 5 minutes or until pastry is crisp. Serve with vanilla ice-cream.



Apricots

- A good source of dietary fibre, which is important to keep the intestine healthy.
- The deeper the colour of an apricot, the higher its content of beta carotene (which the body converts to vitamin A). Vitamin A helps protect against infection and is especially important for the eyes.