

lemon delicious tart with berries



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Ingredients:

2 sheets frozen ready rolled sweet shortcrust pastry
1 egg white
4 eggs, lightly whisked
3/4 cup single cream
3/4 cup caster sugar
2/3 cup lemon juice, strained
2 tsp finely grated lemon rind
250g strawberries, hulled and halved
50g blueberries
icing sugar, to serve

HEALTH BENEFITS:

Strawberries

- A great source of vitamin C. One of the functions of vitamin C is to help the body defend itself against infections.
- They are a good source of dietary fibre. Fibre helps prevent constipation.
- Antioxidant content is higher in ripe strawberries. Antioxidants help protect many body tissues, including blood vessels.

Method:

1. Preheat oven to 200°C. Place pastry on a bench and defrost for 5 minutes. Cut 1 pastry sheet in half and join sheets using egg white to make a 35cm square. Line a 24cm loose-bottom fluted tart tin with pastry. Lightly prick base and freeze for 10 minutes. Line pastry case with baking paper, weight with rice or dried beans and bake for 10 minutes. Remove baking paper and weights and bake for a further 10 minutes. Remove from oven and set aside to cool. Reduce oven temperature to 180°C.

2. Place eggs, cream and caster sugar in a large bowl. Whisk until well combined. Whisk in lemon juice and rind. Pour mixture into cooled pastry case. Bake for 25–30 minutes or until filling is just set. Set aside to cool completely.

3. Top cooled tart with strawberries and blueberries. Dust with icing sugar, slice and serve.

Serves: 6–8

Preparation: 25 minutes
(+ cooling time)

Cooking: 45–50 minutes