

Mango & lemon curd tarts



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Preparation: about 20 minutes
Cooking: about 5–10 minutes
Makes: 12

12 fresh or frozen pastry tart cases
½ cup lemon curd
½ cup thick natural yoghurt
2 medium ripe mangoes

1. Preheat oven to 180°C. Place pastry cases on a baking tray. Heat in oven for 5–10 minutes until pale golden. Set aside to cool.
2. Combine lemon curd and yoghurt in a bowl. Cut cheeks from mangoes and remove skin. Cut crossways into thin slices. Evenly spoon lemon curd mixture into tart cases. Decorate with mangoes and serve.



Mangoes

- An excellent source of vitamin C which helps the body defend itself against infection.
- A good source of beta carotene, which the body converts to vitamin A (important for healthy skin and eyes). The highest levels are found in mangoes with deep orange-coloured flesh.
- A source of dietary fibre and also potassium. Fibre is important for the digestive system and potassium helps balance the sodium from foods with added salt.