

Spinach, red onion & feta tart



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Preparation: about 25 minutes

Cooking: about 55 minutes

Serves: 6

2 sheets frozen shortcrust pastry
2 bunches English spinach, leaves trimmed
2 tbs olive oil
1 red onion, finely chopped
3 garlic cloves, finely chopped
4 eggs, lightly beaten
¾ cup thickened cream
Salt and ground black pepper
60g pitted Kalamata or black olives
100g feta cheese, crumbled

1. Preheat oven to 200°C. Place pastry on a bench to defrost. Use pastry to line a non-stick 30cm loose-based tart pan. Lightly prick pastry base with a fork. Bake blind* for 5 minutes, remove baking paper and weights and bake for 6–8 minutes until pastry is light golden and just crisp. Cool slightly. Reduce oven to 180°C.
2. Wash spinach. Place in a large shallow microwave safe dish. Cover and microwave on high for 3–5 minutes until wilted. Drain well. Cool then firmly squeeze spinach to remove excess liquid. Roughly chop and set aside.
3. Heat oil in a medium frying pan over medium heat. Add onion and garlic and cook for 3 minutes. Remove from heat. Cool slightly. Spoon onion over base of tart. Sprinkle with chopped spinach.
4. Whisk eggs, cream and salt and pepper in a jug until combined. Pour evenly over spinach. Sprinkle with olives and feta. Bake for 25–30 minutes until set. Cool in pan for 5 minutes, then remove from pan and serve.

* To bake blind, scrunch up then flatten a 35cm piece of baking paper, place paper on pastry, half fill with dried pasta or pastry weights then bake.



English spinach

- Spinach is rich in an antioxidant called lutein, which is needed by the eyes, especially as we grow older
- Spinach is an excellent source of dietary fibre, which keeps the intestine functioning well.