

Asparagus & Cheese Tart



Cuts unto 8 slices

Prep 30 - 40 mins

Cook 55 - 60 mins

Ingredients

A sheet of shop bought short crust pastry

5 eggs

175ml milk

100g cheddar

300g asparagus trimmed and cut into half lengthways

1. Heat the oven to 180C/Fan 160C/Gas4. Lightly dust the work surface with flour, roll out the pastry and line the tin. Chill in the freezer for 20 mins, then line the pastry case with the baking paper, fill with the beans and cook for 15 mins. Remove the beans and paper, then return the pastry case to the oven for 10 mins.
2. Crack the eggs into the jug, whisk, then add the milk and whisk again. Sprinkle half the grated cheese over the pastry case, then add the asparagus, egg mix and remaining cheese. Bake in the lower half of the oven for 30-35 mins or until the egg mix is set.