

Smoked Haddock and Courgette Tart



Serves 4

Prep 20mins

Cook 25 mins

Ingredients

1 sheet ready rolled puff pastry
300g smoked haddock
1 courgette large or a pack of baby courgettes
1 bunch of chervil (or dried)
2 egg yolks
200ml double cream (or light double cream such as Elmlea)
1 tbsp olive oil
Salt and pepper to taste (leave out salt for low salt diet)

1. Spread out the pastry and cut out 4 circles, size to fit the tart moulds. Prick the bottoms with a fork.
2. Wash the courgettes and take off the ends; slice finely and quickly fry with a drop of olive oil for 5 mins.
3. Cut the haddock in small pieces, after checking for bones and taking of the skin.
4. Preheat oven to 180C (fan) Beat the cream with the egg yolks in a bowl.
5. Divide the haddock pieces and the courgette slices over the 4 moulds. Sprinkle over the chervil and pour in the cream and egg mixture.
6. Put in the oven for 20 mins until the tarts are golden brown. Take them out of the moulds once they have cold down a bit.