

Sweet Potato, Pepper, Spinach & Mozzarella Tart



Serves 6

**Prep 5 mins
+ 20 mins chilling**

Cooking 1h 15 mins

Easy

Ingredients

For the pastry

300g plain flour
¼ tsp salt
75g chilled butter, cut into pieces
75g white vegetable fat, cut into pieces **or buy ready made**

Equipment: Loose-Based
Rectangular Flan Tin

For the filling

300g sweet potato, peeled & cut into chunks
2 tbsp olive oil
1 red pepper, deseeded & chopped
200g fresh spinach, washed
210g pack mozzarella cheese, drained & sliced
2 large eggs, beaten
150ml pot crème fraîche or single cream
Salt & freshly ground black pepper
Basil leaves, to garnish

1. Preheat the oven to 200C/ Fan 180C/ Gas 6
2. If you don't use readymade pastry, sift the flour and salt into a large bowl. Rub in the butter and white vegetable fat with your fingertips until the mixture looks like fine breadcrumbs. Stir in just enough chilled water to make a soft but not sticky dough. Knead for a few moments, then wrap & chill for 10-20 mins.
3. Put the sweet potato chunks in a roasting dish, add the olive oil & roast in the oven for 10 mins. Add the red pepper & roast for 10 more mins. Remove from & cool.
4. Roll out the pastry on a lightly floured surface and use it to line the Loose-Based Rectangular Flan Tin. Line with greaseproof paper and baking beans or crumpled foil and bake 'blind' for 15 mins.
5. Take the flan out of the oven and remove the paper and baking beans or foil. Reduce the oven temperature to 180°C/160C Fan/ Gas 4.
6. Put the spinach into a large colander & pour a kettleful of boiling water over it to wilt the leaves. Run cold water over it, then squeeze the spinach with your hands to remove the excess water.
7. Arrange the peppers and sweet potatoes in the pastry case with the spinach and slices of mozzarella cheese. Beat together the eggs and crème fraîche or single cream. Season. Pour into a flan case, & bake for 35-40 mins, until set. Serve warm or cold, with basil.
8. **Tip:** Try not to handle the pastry too much – it should be kept as cool as possible to give a light, crisp finish.