

Trout & Broad Bean Filo Tart



Serves 6 **Prep 20 mins** **Cooking 20 mins** **Easy**

Ingredients

olive oil
4 sheets filo pastry
3 eggs, beaten
100g fat-free quark
150g hot smoked trout, flaked
150g broad beans, weighed after double-podding
chives chopped to make 1 tbsp
pea shoots to serve

Heat the oven to 170C/fan 150C/gas 3½. Oil a 21cm tart tin, then layer in the filo sheets. Brush with oil in between. Scrunch up the pastry overhanging the sides to make a border. Mix the eggs and quark with plenty of seasoning. Fold in the trout, broad beans and chives. Pour into the pastry case, and bake for 15-20 minutes until the tart is set but still has a little wobble. Leave to cool, then scatter over a few pea shoots leaves to serve.