

Roast Pumpkin, Onion & Feta Tart

Ingredients:

300 grams pumpkin, peeled, de-seeded and chopped into 2cm chunks
Olive oil
salt and pepper
1 red onion, finely sliced
2 sheets shortcrust pastry, defrosted
4 eggs
100 mls milk or cream
100 grams feta cheese

Method:

1. Pre heat oven to 180°C
2. Place the pumpkin and onion in a baking dish, toss with oil and season with salt and pepper. Roast in the pre-heated oven for 20-30 minutes until the pumpkin is tender.
3. Grease a flan tin and line with the pastry sheets. Trim the edges.
4. In a bowl whisk the eggs, milk, salt and pepper.
5. Once the pumpkin and onion are ready, place over the pastry.
6. Pour the egg mixture over the pumpkin and onion.
7. Crumble the feta over the egg mixture.
8. Bake in the oven for 30 minutes or until golden and cooked through.

Serve with a green salad.