Spiral tart with zucchini and carrot
Serves 8 • Preparation time 45 mins • Pastry resting time 1 hour • Cooking time
40 mins • Difficulty ♟♟♟ • Cost $
Equipment: Spiraliser (tagliatelle blade), food processor (optional), 28 cm (11¼ in) flan (tart) tin, rolling
pin, plastic wrap, baking paper

Ingredients:
For the pastry
Softened butter   150 g (5½ oz)
Plain (all-purpose) flour   250 g (9 oz/1^{1}/$_{3}$ cups)
Egg 1
Breadmaker seed mix 2 tablespoons
Grated parmesan cheese 25 g (1 oz)
Olive oil A drizzle
Pepper

For the filling
Carrots   6
Zucchini (courgettes, yellow and green)   6
Thin (pouring) cream 130 ml (4½ fl oz)
Egg 1
Salt and pepper

Recipe:
Make the pastry: cream the softened butter in a mixing bowl or the bowl of a food processor. Add the
flour, egg, seed mix, parmesan and season with pepper. Add 6 tablespoons of water and work the
ingredients together. Once the dough is smooth, shape it into a ball, wrap in plastic wrap and place in the
refrigerator for 1 hour.
Preheat the oven to 210°C (410°F). Roll the pastry out to a thickness of about 5 mm (¼ inch) on a floured
work surface. Butter and flour a flan (tart) tin and line with the pastry. Prick the pastry base with a fork.
Place a circle of baking paper over the base and fill with baking beads to stop the pasta from puffing up.
Bake for about 10 minutes.

Make the filling: slice the carrots and zucchini into ribbons with the tagliatelle blade (or a peeler). Place
the ribbons on top of each other, then cut them into semi-circles of equal size. Pour 70 ml (2¼ fl oz) of the
cream over the pre-cooked tart base, season with salt and pepper, then arrange
the vegetables, starting from the edge and alternating carrots and green and yellow zucchini until you
reach the middle of the tart. Mix the remaining cream with the egg and season with salt and pepper. Pour
this mixture over the tart and bake for 30 minutes until the tart is golden brown.
Drizzle with a little olive oil and serve.