

# Mango & Lemon Tart



A creamy, vibrant mango-and-lemon tart with a crunchy nut base and citrusy zing — perfect for a refreshing dessert. Allow 2 hours or overnight for freezing.

*Recipe supplied by Jalna.*

## **Ingredients**

Base:

1 cup whole raw almonds

¼ cup pepitas

½ cup shredded coconut

Pinch of salt flakes

12 fresh Medjool dates pitted

Filling:

1 ½ cups raw cashews

1 1/3 cup Jalna Greek Style yoghurt

1 fresh mango or 1 cup frozen mango pieces

1/2 cup coconut sugar

1 lemon zest & juice

Candied lemon:

2 lemons, thinly sliced

½ cup caster sugar

1 ½ cups water

To decorate

Raspberries

Flowering thyme sprigs, to decorate (optional) or any edible flowers

## **Method:**

1. Place the cashews in a saucepan. Pour over enough water to cover. Bring to the boil and then simmer for 15-20 minutes.
2. Lightly grease a 24cm fluted tart tin with removable base. Line the base with baking paper.
3. Place the almonds, pepitas, shredded coconut and salt in a food processor. Process until finely chopped. Add the dates and process until very finely chopped and the mixture holds together when pinched. Spoon into prepared tin. Use the back of a metal spoon to push the mixture evenly over the base and up the side of the tin. Place in the freezer to set.
4. Drain the cashews and place in a blender. Add Jalna sweet & creamy yoghurt, mango, coconut sugar, lemon rind and lemon juice. Blend until very smooth and creamy. Pour into the tart case in tin. Smooth out the surface. Place in freezer for 2 hours or overnight until firm.
5. In the meantime, make the candied lemon. Line a baking tray with baking paper. Place lemon, sugar and 1 ½ cups (375ml) water in a shallow pan. Bring to a simmer over medium heat. Cook, turning lemon occasionally, for 10 mins or until the rind is translucent.
6. Transfer lemon to the lined tray. Increase heat to medium-high. Bring syrup to the boil. Cook for 3-5 mins or until syrup thickens. Set aside to cool completely.
7. Pull tart out of freezer 30-60 mins before serving if it has been frozen overnight. Cut tart while still mostly frozen & then garnish.
8. Place tart on a serving plate. Top with the candied lemon, raspberries and thyme. Drizzle with the lemon syrup.