

# Beetroot Tart



## Ingredients

- 1 ¼ cup wholemeal plain flour (for the pastry)
- ½ tsp salt (for the pastry)
- 110g cold butter (for the pastry)
- 2tbsp chilled water (for the pastry)
- 3 medium beetroot, peeled and sliced (for the filling)
- 3 tbsp Extra Virgin olive oil (for the filling)
- 2 tbsp balsamic vinegar (for the filling)
- 2 tbsp maple syrup (for the filling)
- 4 sprigs thyme, leaves stripped from the stems (for the filling)
- Salt and pepper to taste (for the filling)
- 1 cup (150g) crumbled feta or goats cheese (for the filling)

## Method:

1. Prepare the pastry by mixing together salt, butter and flour in the food processor to get a

coarse mixture, until the butter almost disappears. Add water one tablespoon at a time and mix until the dough starts to clump together, take it out from the processor, flatten it to a disk, cover and let dough chill in the fridge for 15 minutes.

2. Preheat the oven to 180C. In a bowl, toss the beetroot, oil, vinegar, maple syrup, thyme. Season with salt and pepper. Put the beets in a baking dish and tightly cover with foil. Bake for 30-45 minutes until the vegetables are cooked.
3. Roll out the pastry a little larger than your pie dish or tart tin. We used a 22cm tin, the pastry was around 2-3mm thick. Lay the pastry in the tin and lightly press the pastry against the tin and even to the height of the tin edge. Pierce a few holes at the bottom to allow steam to escape during baking. Put the tart shell in to bake for 15-20min until golden, take it out to cool.
4. When the beets are cooked, place the beet on the tart shell and sprinkle with cheese and thyme.
5. Serve warm or at room temperature.