

Vegetable and Red Pesto Tart



Ingredients list

- 300g plain flour
- A pinch of salt
- 150g butter (**not** margarine)
- 7-8 tbsp cold water
- Olive oil
- 1 clove garlic
- 1 bell pepper
- 1 small onion
- 1 courgette
- 1 aubergine
- 1 jar red pesto
- 6 cherry tomatoes
- 100g grated cheddar cheese

15cm/6inch loose bottomed round pie dish – Approx. 3cm tall

Please ensure the butter is kept cold

Equipment list

- Glass mixing bowl
- Butter Knife
- Measuring jug
- Tablespoon
- Greaseproof paper
- Rolling pin
- Loose bottomed pie dish (from home)
- Sharp knife
- Brown chopping board
- Small plastic bits bowl
- Grater (if needed for cheese)
- Parchment paper
- Oven 200C/G7

Method

1. Preheat ovens to 200°C / gas mark 7.
2. Cut the cold butter into small pieces in a glass mixing bowl and add the flour
3. Using your fingertips, rub the butter into the flour. Keep doing this until the butter has gone and the mixture looks like breadcrumbs.
4. Add the cold water gradually, cutting it in with a knife each time. Use your fingers to try and press some of the dough together. Add just enough of the water to all you to bring the dough together into one lump.
5. Turn the pastry onto a lightly floured surface. Bring the dough together with your hands, and knead 4 or 5 times only – you don't want to make it hard!



<https://www.youtube.com/watch?v=xyZ0noMAD0I&t=36s>

Method

7. Using your rolling pin, place into the cake tin, push into the sides of the tin and trim the edges.
8. Line the pastry case with baking paper. Three-quarter fill with baking beans or uncooked rice. Bake blind for 10 minutes.
9. Remove paper and beans.
BEANS WILL BE VERY HOT. Put back in the oven for another 5 mins to dry the pastry out (**We don't want a soggy bottom!!**)

VIDEO: How to line a tin with shortcrust pastry



Method

7. Slice your courgette, aubergine pepper and onion.
8. Cut your tomatoes in half.
9. Crush the garlic.
10. Combine oil, onion, garlic, pepper, courgette and aubergine in a frying pan. Sauté for 10mins or until vegetables are all soft.
11. Mix in the red pesto with the vegetables.
12. Add the pesto vegetable mix into your pastry case so that it is evenly spread out.
13. Add your grated cheese onto the top.
14. Bake for 15 mins or until the cheese is melted and the pastry case is golden brown.

