

## 地中海烤蔬菜撻

### Mediterranean puff pastry tart

份量：4 人

熱量：每份 400 卡路里



現成低脂酥皮	280 克
迷你翠玉瓜	200 克，切成 1.5 厘米一片
紅椒	1 個（大），切成 2 厘米一塊
黃椒	1 個（大），切成 2 厘米一塊
紫洋蔥	1 個，切成 2 厘米一塊
蒜頭	4 粒，切薄片
迷迭香	2 束，去莖切碎
百里香	2 束，去莖
橄欖油	少許
半脂奶	1 湯匙
車厘茄	100 克，切半
羊奶芝士	75 克，弄碎
海鹽、現磨黑胡椒	少許

**烹飪步驟：**

1. 酥皮切成 25x28 厘米大小，放在鋪好焗爐紙的烤盤上。四邊各預留 2 厘米闊，用刀在四邊劃一條痕，劃成一個四邊形。在四邊形內，用叉戳洞。放入雪櫃雪 1 小時。預熱焗爐至 220 度。
2. 翠玉瓜、紅椒黃椒和紫洋蔥放進大碗內，加蒜頭、迷迭香、百里香、鹽和黑椒拌勻。準備另外一個烤盤，鋪焗爐紙，將全部蔬菜倒入，噴 15-20 下油。
3. 取出酥皮，搽上半脂奶，撒少許鹽，放進焗爐中層，蔬菜則放焗爐上層，焗 15 分鐘。中途交換酥皮和蔬菜的位置，令受熱更均勻。取出後，蔬菜放一邊待用。將焗爐調至 140 度。
4. 反轉酥皮，再放入焗爐焗 25 分鐘。令酥皮底更鬆脆。
5. 取出酥皮，再將焗爐調至 180 度。將焗好的蔬菜放在酥皮上，鋪上車厘茄和羊奶芝士，以鹽和黑胡椒調味，放入焗爐焗 20-25 分鐘，直至芝士融化，酥皮邊金黃色為止。切成四份享用。

## Mediterranean puff pastry tart

Serving : 4

Calorie: 400 per serving

Ready-rolled light puff pastry	280g
Baby courgettes	200g, cut into 1.5cm slices
Large red pepper	1, cored, deseeded and cut into 2cm chunks
Large yellow pepper	1, cored, deseeded and cut into 2cm chunks
Red onion	1, cut into 2cm chunks
Garlic	4 cloves, sliced
Rosemary	2 sprigs, leaves picked and finely chopped
Thyme	4 sprigs, leaves picked
Olive oil spray	
Semi-skimmed milk	1 tbsp
Cherry tomatoes	100g, halved
Sea salt and freshly ground black pepper	

**Procedures:**

1. Using a sharp knife, trim the sheet of puff pastry to 25 x 28cm. Place it on a baking tray lined with baking parchment and score a border 2cm in from the edge all the way round. Prick the pastry within the margin, using a fork. Leave to rest in the fridge for about 1 hour. Meanwhile, preheat the oven to fan 220°C/gas 7.
2. Put the courgettes, peppers and red onion into a large bowl. Add the garlic and herbs and season generously with salt and pepper. Line a large baking tray with baking parchment, lay the veg out on it and spray 15–20 times with oil.
3. Brush the puff pastry all over with the milk and sprinkle with a little salt. Cook on the middle shelf of the oven, with the veg tray on the top shelf above, for 15 minutes, rotating both trays halfway through to ensure even colouring. Remove both trays from the oven and turn the setting down to fan 140°C/ gas 1. Set the veg aside.
4. Press the inside of the pastry down and return to the oven for 25 minutes to get a super crispy base.
5. Take the tart case out of the oven and turn the setting up to fan 180°C/gas 4. Tip the roasted veg into the tart case, scatter over the cherry tomatoes and goat’s cheese and season with salt and pepper. Bake for 20–25 minutes until the veg are cooked through and the cheese is softening and colouring at the edges. Cut the tart into quarters to serve.