

Pine Nut Spinach Tart

Enjoy this delicious dish for lunch, a picnic, or a main course.

Ingredients

- 1 pound short crust pastry
- about ½ pound of spinach, washed
- 2 tablespoons pine nuts
- 2 tablespoons butter
- 1 clove garlic, finely sliced
- 1 shallot, finely diced
- 1 teaspoon ground nutmeg
- 8 eggs
- 4 tablespoons parmesan cheese, finely grated
- ½ cup creme fraiche
- Salt
- Pepper



Instructions

1. Preheat the oven to 375° F. Put the pine nuts on a baking tray and bake them in the oven for 5-7 minutes or until golden. Shake the tray occasionally. Cool and set aside.
2. Roll out the pastry until large enough to line a 10" tart tin. Trim off any excess pastry and prick the base with a fork. Chill for about 15 minutes.
3. Meanwhile sauté the shallot and garlic in butter in a pan on medium heat until soft and translucent. Add the spinach and cook for a few minutes or until the spinach has wilted. Season with nutmeg, salt and pepper. Remove from the heat, then squeeze the spinach lightly to get rid of any excess fluids.
4. Beat the eggs, then add grated parmesan cheese and creme fraiche. Stir and season with salt and pepper - about 1 tsp of salt. Pour the egg mix into the tart tin and distribute the spinach on top.
5. Bake for 35-40 minutes until golden and set. The filling will rise a bit, but it will collapse when cooling down. Let the tart cool for a few minutes. Then sprinkle with pine nuts and serve while still hot.

Serves 6 and ready in 1 hour.