

Swiss chard tart with roasted pumpkin and basil

less than 30 mins

preparation time

30 mins to 1 hour

cooking time

Serves 4

Ingredients

For the Swiss Chard Tart

- 140g/4¾oz flour
- 100ml/3½fl oz olive oil
- pinch salt
- 500g/1lb2oz swiss chard
- 4 large eggs
- 100g/3½oz parmesan
- handful of pine kernels

For the Roasted Pumpkin

- ½ large pumpkin or squash
- pinch chilli flakes
- a little oil

For the Basil Oil

- large bunch basil
- olive oil

Preparation method

1. For the pastry: pour the olive oil and salt into the flour. Knead for 1 minute until sticky and smooth.
2. Line the tartlet dishes with the pastry by pushing it to fit with your fingers (don't even think of using a rolling pin!)
3. Bake blind at 180C/350F/Gas4 for 10 minutes using baking beans.
4. For the filling: cook the swiss chard in boiling water and cut up well. Season. Beat the eggs and add the cheese.
5. Toast the pine kernels.
6. Place the chard and toasted pine kernels into the tart and cover with the egg and cheese mixture. Bake for 15 minutes at 180C/350F/Gas4
7. For the roasted pumpkin: peel and dice the pumpkin or squash. Cover with a little oil plus a pinch of chilli flakes. Roast for about 40 minutes and then purée.
8. For the basil oil: whizz together a handful of basil with olive oil to create a sauce.
9. Remove the tart from the case, add a generous portion of pumpkin purée, a handful of basil leaves and pour the basil oil around the plate.

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