



JERNEJ KITCHEN

SEASONAL VEGETABLES AND TUNA MEDITERANA TART

A beautiful vegetable and tuna tart that has a buttery crust, fresh filling and creamy topping.

SERVES	4	PEOPLE
PREPARATION:	15	MINUTES
BAKE:	40	MINUTES

SEASONAL VEGETABLES AND TUNA MEDITERANA TART

1 Savoury tart dough

- 1 large leek
- 1 zucchini
- 1/2 celery stalk
- 2 button mushroom or 1 porcini mushroom
- 2 onions
- 2 tbsp olive oil
- 2 cloves of garlic
- 210 g tuna Mediterana (2 cans)

RICOTTA AND YOGURT TOPPING

- 50 g greek yogurt
- 1 egg
- salt, pepper, nutmeg
- 1 sprig thyme
- 50 g ricotta (or mascarpone)
- 25 g whipping cream

TOOLS AND EQUIPEMENT

- TART MOLD (24CM / 9-INCH DIAMETER)
- bowI

BAKE THE TART CRUST

Prepare and bake your tart dough. If you are going to bake our Savoury tart dough, you can click on the ingredients list and follow the instructions. The tart crust will be even better if you bake it one day ahead. It's also important to completely cool the tart crust before adding the filling. You can use a rectangular or round tart tin.

PREPARE THE VEGETABLES

Preheat your oven to 165 °C / 330 °F. Clean the leek, celery stalk and mushroom. Peel the onions and garlic and dice all the veggies. Place a skillet over medium low heat, add the olive oil, vegetables and mushroom. Cook for about 10 minutes or until the veggies are nice and tender. Stir occasionally.

ADD THE TUNA

Remove the veggies from the heat, leave them to cool completely, then stir in two cans of Delamaris Tuna Mediterana. Pour into a baked (and cooled) baked tart crust.

RICOTTA AND YOGURT TOPPING

Mix all the ingredients (greek yogurt, pinch of salt, pinch of pepper, pinch of ground nutmeg, thyme leaves, ricotta and whipping cream) together to get a lovely, runny mixture. Pour over the vegetable and tuna filling.

BAKE

Place your Seasonal Vegetables and Tuna Mediterana Tart into a preheated oven and bake for about 35 - 40 minutes at 165 °C / 330 °F. When the Tart is baked, remove from the oven and let it cool for about 10 minutes on a wire rack. Cut a few slices and serve. This Seasonal Vegetables and Tuna Mediterana Tart

Sponsored

skillet
kitchen knife
chopping board

is great with fresh seasonal salad or served as an entree (serves 6 people). Enjoy.

STORE

Store the tart in a fridge for up to 2 days or freeze any unbaked tart dough for up to a month.