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hello@hellofresh.com.au | (02) 8188 8722

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Bacon, Silverbeet & Ricotta Filo Tart

A perfect combination of crispy pastry, tasty savoury bite and lightness, you'll love this tart with its nod to the flavours of spring. The classic pairing of bacon and silverbeet is complemented with lighter-than-air ricotta for a lovely supper indeed.



Prep: 10 mins



Cook: 35 mins



Total: 45 mins



level 1



high
protein



nut free

Pantry Items



Olive Oil



Eggs



Bacon



Brown Onion



Garlic



Silverbeet



Ricotta



Mint



Lemon



Filo Pastry

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2P	4P	Ingredients
1 tbs	2 tbs	olive oil (plus extra for brushing) *
1 packet	2 packets	bacon, diced
½	1	brown onion, finely sliced
1 clove	2 cloves	garlic, peeled & crushed
1 bunch	2 bunches	silverbeet, finely chopped
1 tub	2 tubs	ricotta
2	4	eggs *
1 bunch	2 bunches	mint, finely chopped
½	1	lemon, zested & cut into wedges
4 sheets	8 sheets	filo pastry, halved

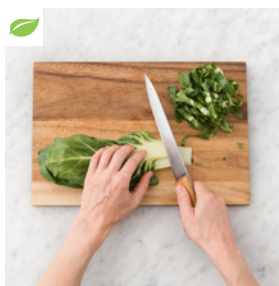
⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	3050	Kj
Protein	44.7	g
Fat, total	42.1	g
-saturated	14.4	g
Carbohydrate	39.6	g
-sugars	9.2	g
Sodium	1480	mg



You will need: chopping board, chef's knife, box grater, medium bowl, oven tray lined with baking paper, and a large salad bowl.

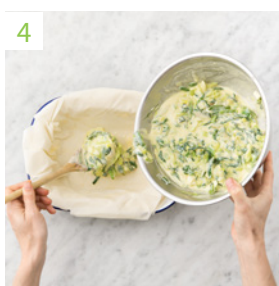
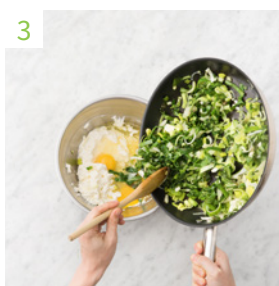
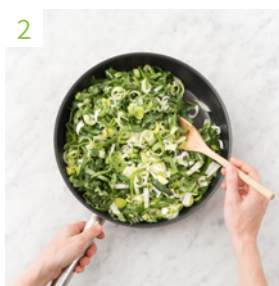
1 Preheat the oven to **200°C/180°C** fan-forced.

2 Heat the **olive oil** in a medium frying pan over a medium-high heat. Add the **bacon** and **brown onion** and cook, stirring, for **5 minutes** or until soft. Add the **garlic** and cook for **1 minute**, or until fragrant. Add the **silverbeet** (including the chopped white stalks) and cook, stirring, for **3 minutes** or until soft. Transfer to a medium bowl.

3 In another medium bowl combine the **ricotta** and **eggs**. Stir the ricotta mixture through the silverbeet mixture with the **mint** and **lemon zest**. Season well with **salt** and **pepper**.

4 Line a shallow small baking dish with the sheets of **filo pastry** stacked on top of each other, brushing each layer with a little oil. Ensure the edges hang over the sides of the baking dish. Brush lightly with oil. Spoon the silverbeet and ricotta mixture into the centre of the baking dish. Cook in the oven for **20-25 minutes** or until the filling feels set to the touch (it should spring back a little when gently prodded) and the pastry is golden. Remove from the oven and set aside for at least **5 minutes** before serving.

5 To serve, divide between plates and squeeze over the **lemon wedges**.



Did you know? Filo means leaf in Greek.