
COURGETTE TART

SERVES 8 AS PART OF A BUFFET, WITH SALAD – OR TO ACCOMPANY A BARBECUE

INGREDIENTS:

One pack ready made puff pastry
3 cloves of garlic (or more, if you like it lots!)
Olive oil for frying – about 2 tbsp
Hand full of flat leaf parsley
1 kg courgettes – chopped small
300 g ricotta di pecora – not too moist (in England, probably just ricotta – pecora means sheep's)
3 eggs – beaten
100 g parmesan

INSTRUCTIONS

Pre-heat oven - Temp. : **200°C**
Fry the courgettes in olive oil with chopped garlic and parsley. They just start to colour slightly around the edges. Allow to cool.
Roll out the pastry, and place in a well greased 8 to 10 inch deep flan dish/ tin. Let the excess pastry fall over the edges, for now. If it is a solid tin, put two strips of foil underneath so that you can lift it out when cooked.
Mix together all the remaining ingredients.
Add the courgettes.
Put into the tin and if there is any excess pastry round the edges, fold it over to make a border (or you can trim it off, if you prefer.
Bake in the oven at 200°C for approx 20 – 25 mins until it looks set and ready.