

MUSHROOM AND SPINACH TART



Something for a light lunch and delicious when paired with

Insight Single Vineyard Pinot Noir

Serves 4

INGREDIENTS

FOR THE TART BASE:

- 1 tblspn parmesan cheese
- 1 tspn vegetable stock
- 1 cup rolled oats
- ¼ cup wheatgerm
- ½ cup wholemeal flour
- ½ cup sunflower oil
- ½ cup water

FOR THE FILLING:

- ½ cup cream cheese
- 2 eggs
- ½ tspn ground nutmeg
- ½ tspn salt
- 2 cups spinach, blanched
- 300g button or Portobello mushrooms
- 2 tspn light soy sauce
- 1 tspn cornflour dissolved in a little water.

METHOD

FOR THE TART BASE:

- 1) Mix together all tart base ingredients and press into a lightly greased flan dish.

FOR THE FILLING:

- 2) Mix together cream cheese, eggs and seasoning.
- 3) Fold in spinach and pour filling into flan dish with base.
- 4) Heat oven to 220 C. Bake 20 minutes until centre is firm, remove from oven.
- 5) Heat a pan to medium, add drizzle of olive oil, add mushrooms, stirring for 3-4 minutes. Add garlic and stir for further 1 minute.
- 6) Pour in cornflour, and soy sauce, arranging mushrooms. Bake for additional 5-10 minutes.
- 7) Serve with fresh garden salad.



TASTING NOTE: INSIGHT Single Vineyard Pinot Noir

Silky, supple and sumptuous. Aromas of fleshy plums, bursts of fresh raspberry, some peaty moss and hints of liquorice. On the palate, juicy cherries, red currant leaf, delicate violets and smoky cedar.

It will definitely leave you wanting more...