



# Feta, Spinach & Mint Tart with Linseed Meal Pastry



## Ingredients (serves 4-6)

### For the pastry

- 142g plain flour
- 28g linseed meal
- pinch salt
- 85g butter, cold from the fridge, cut into small cubes
- 1-2 tbsp cold water

### For the filling

- 200g baby leaf spinach, washed and drained
- 1 tbsp oil
- 1 onion, finely chopped
- 1 garlic clove, grated
- pinch dried oregano
- 2 medium eggs (free range)
- 200g creme fraiche
- pinch salt
- fresh ground black pepper
- nutmeg (whole for grating)
- handful fresh mint leaves, roughly chopped
- 200g feta cheese

## Method

### Make the pastry

Mix the flour, linseed meal and salt in a bowl. Add the butter and rub in to the flour mixture using your fingers until the mixture resembles fine breadcrumbs. Add a small amount of water at a time (you may not need all of the water) and stir to mix, bringing the mixture together with your hands to form a ball. Wrap in cling film and put in the fridge for 10 minutes.

Preheat the oven to 200°C / 400°F / Gas 6.

Butter a 17cm loose-bottomed flan tin.

Roll out the pastry to fit and line the flan tin.

Put in the fridge and leave to rest for 20 minutes.

Remove the pastry from the fridge and line it with baking paper and weigh down with some baking beans. Bake blind for 10–15 minutes. Remove the paper and the beans, and bake for a further 5 minutes until lightly golden.

Remove from oven, and reduce oven temperature to 180°C / 350°F / Gas 4.

### Make the filling

Heat a large pan and add the spinach and cook gently until the spinach wilts and decreases in volume. Place in a bowl to cool then squeeze out and discard the excess water with your hands. Coarsely chop the squeezed out spinach.

Heat the oil in a frying pan over a medium heat add the onions and garlic and fry gently for a few minutes until soft. Add the oregano and cook for a further minute. Leave to cool.

In a bowl, beat the eggs, add the creme fraiche, salt, black pepper, mint, spinach and grate in some nutmeg, stir to mix well. Crumble in the feta cheese and mix to combine.

Spoon into the flan case and put in the oven and bake for 30-40 minutes until set.

Remove from the oven and leave to stand for 5 minutes before removing from the flan tin.

Serve warm or cold.

**TIP:** The tart can be served warm or cold with a salad of tomatoes, cucumber, red onion and black olives. It would also be ideal to take on a picnic too.