

Eat for the Earth: roasted vegetable and goat's cheese tartlets



Ingredients (serves 4)

1 batch savoury parmesan pastry (see pastry ingredients)
1 Tbsp olive oil
1 small red onion, cut into thin wedges
3 zucchini, halved length ways, cut into 2cm pieces
1 large aubergine, diced
100g small button mushrooms, quartered
100g cherry tomatoes, halved
2 garlic cloves, finely chopped
2 Tbsp fresh thyme, chopped
200g goat's cheese
Mixed baby salad leaves, to serve

For the pastry:

180g butter, chilled
75g parmesan, grated
Pinch of salt
2 egg yolks
225g plain flour

Method

1. First you will need to make your pastry. Put the butter, parmesan, salt and egg yolks into a food processor and blitz. Blend in the flour, and work into a dough. Chill for at least 1 hour.
2. Pre-heat the oven to 180°C and grease your [loose-bottomed tart pans](#). Roll out your pastry to line the base and sides, trimming off the excess. Using a fork, pierce the pastry base and refrigerate for 15 minutes.
3. Line the pastry case with baking paper. Fill to three-quarters with [baking beans](#) or uncooked rice. Bake blind for 10 minutes before removing the baking paper and beans. Bake for a further 10 minutes or until pastry is light golden. Set aside to cool.
4. Combine the oil, onion, zucchini, aubergine and mushroom in a roasting pan. Season with salt and pepper. Roast for 15 minutes or until just tender and golden.
5. Add the tomatoes, garlic and thyme to your roasted veggies and divide all of your veggies among the pastry cases.
6. Top the tarts with goat's cheese and bake for 10 minutes or until heated through.

Serve, hot or cold, with salad.