

Roast carrot tart

Serves 6 - 8

700 g carrots, peeled
Pinch chilli flakes
½ tsp fennel seeds
1 tbsp extra virgin olive oil
1 tbsp honey
2 tsp red wine vinegar
Sea salt and black pepper, to taste

Ricotta base

100 g full fat ricotta
80 g creme fraîche
Zest of a lemon, plus extra to serve
25 g parmigiano reggiano, finely grated, plus extra to serve
Sea salt and black pepper, to taste

1 x 375 g sheet store-bought puff pastry
1 egg, for egg wash
Finely chopped parsley, to serve

Preheat the oven to 185C (205C conventional).

Cut the carrots into thick lengths. This will depend on how large the carrots are, but I would suggest cutting them in half down the middle, then into 8 cm lengths. If the carrots are particularly large, cut those lengths in half again.

Place them into a bowl with the remaining ingredients and toss to coat. Arrange onto a baking paper-lined tray in a single layer. Roast in the preheated oven for 20-25 minutes, or until just tender and golden. Set aside to cool.

For the ricotta mixture, simply combine all of the ingredients in a bowl and season to taste.

Increase the oven to 200C (220C conventional).

Line a tray with baking paper and lay out the sheet of puff pastry. Make a cut all around the pastry to form a border, 3 cm from the edge. Spread the ricotta mixture onto the base to the cut you made. Top with the roasted carrots.

Whisk the egg with 1 tsp of water and brush onto the border.

Bake in the preheated oven for 15 minutes. Reduce the oven to 180C (200C conventional) and cook for another 15 minutes or until golden.

Serve with some extra lemon zest and chopped parsley and a grating of parmigiano reggiano.