

Minted Pea and Onion Tart with Parmesan Pastry

200g plain flour
160g butter
4 tbsp water
3 tbsp finely grated Parmesan
1 cup onion, chopped (1.5-2 onions)
20 mint leaves
150g frozen peas
3 eggs
150ml double cream
100g Greek feta cheese

1. Sift the flour into a mixing bowl and dice 125g butter over the top. Add 1 tbsp Parmesan. Quickly rub together with fingertips until resembling crumbs.
2. Add 1 tbsp water at a time, stirring with a knife or fork until clumping together. Quickly work into a ball. cover and chill for 30 minutes.
3. Finely slice the onions. Shred the mint. Melt 25g butter in a spacious, lidded frying pan and cook the onions over a medium heat. Stir in 1 tsp salt. Cook, covered, stirring occasionally, for about 10 minutes until soft. Leave to cool.
4. Heat the oven to 220C. Boil the peas in salted water. Drain. Whisk the eggs with the cream in a mixing bowl. Add crumbled feta.
5. Smear muffin tin with 50g melted butter. Dust with flour and shake out the excess. Roll the pastry, cut into circles and line the trays. Bake for 10 minutes.
6. Reduce the oven to 200C/gas mark 6. Spoon onions into the pastry case. Add peas and mint. Pour over the eggs and dust with remaining Parmesan. Bake for 15 minutes or until set and golden.
7. Spread on a cooling rack. Serve .. Enjoy!