



HOME CHEF

Rustic Vegetarian Tart

With Spinach, Roasted Red Pepper, and Goat Cheese



Want to impress somebody with your cooking, but don't want to seem too "try-hard?" This simple but elegant vegetable tart is sure to win over anyone's heart, especially if the way there is through their stomach. This savory tart is similar to quiche, but with no eggs. Ours has roasted red pepper, spinach, peas, and goat cheese filling inside an easy homemade crust. Topped off with pickled shallot, this is sure to have your dining companion fawning while you make it look effortless.

OVERVIEW



TIME TO PREPARE



EXPERT RECIPE



DAYS BEST COOKED BY

NUTRITION

Calories: 712
Carbohydrates: 64g
Fat: 39g
Protein: 27g
Sodium: 1116mg
per serving

DIETARY



NUT-FREE



SOY-FREE

DRINK PAIRING

Vegetarian dishes are a great place for a Rosé. The goat cheese in this dish also pairs well with a glass of Pinot Blanc.

INGREDIENTS

1 Shallot
3 oz. Roasted Red Peppers
3 oz. Spinach
2 ½ oz. Frozen Peas
3 oz. Goat Cheese Crumbles
2 oz. Apple Cider Vinegar
1 tsp. Sugar
2 Tbsp. Butter
6 oz. Self Rising Flour
5.3 oz. Plain Greek Yogurt
1 8" Pie Pan

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

Baking Sheet
Medium Pan
2 Mixing Bowls

DID YOU KNOW?

The dough for this tart uses self-rising flour, which is all-purpose flour with added leavening agents like baking powder. It's perfect for making light and tender crusts like this one. The dough will look shaggy at first, but persevere and keep kneading until it comes together.

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Prepare the Ingredients

Preheat oven to 375 degrees and prepare a baking sheet with foil or use a non-stick baking sheet. Thoroughly rinse produce and pat dry. Peel and halve **shallot**. Slice shallot into thin strips (julienne). Dice **roasted red pepper** into ½” pieces. Coarsely chop **spinach**.



Sauté Vegetables and Pickle Shallots

Heat 1 tsp. **olive oil** in a medium pan over medium heat. Add **peas** and **roasted red peppers** to pan and cook for 3 minutes. Add **spinach** and cook 1 more minute, until spinach begins to wilt. Transfer to a medium mixing bowl, add ¾ of the **goat cheese**, and mix thoroughly. Season with ¼ tsp. each of **salt and pepper**. Set aside. Wipe pan clean and add **apple cider vinegar**, **sugar**, a pinch of **salt and pepper**, and ¼ cup **water**. Bring to a boil, add **shallots**, and boil 1 minute. Lower to a simmer and cook for about 5 -7 minutes, or until shallots turn bright pink. Remove from heat and set aside.



Make the Dough

Melt **butter** in microwave for 30 seconds or melt in a small pan. Measure ¼ cup **self-rising flour** and reserve. *This “bench flour” will be used to prevent dough from sticking in the next step.* Place remaining flour in a mixing bowl with **melted butter**, **yogurt**, and a pinch of **salt**. Mix until it combines into a shaggy mass. Dust a clean work surface with reserved **bench flour**. Turn **dough** out of bowl onto dusted surface and knead for 5 minutes, folding dough over on itself and pressing down with heel of your hand.



Make Crust For Tart

Grease inside of **disposable pie tin** with 2 tsp. **olive oil**. Using a rolling pin, bottle, or small can, roll **dough** out to a 13” circle, dusting with more of the **bench flour** to prevent sticking. (The dough may eventually absorb all of the flour.) Gently place circle of dough into greased pie tin so it fills pie tin completely. (There should be dough hanging over the edge of the pie tin all the way around.)



Assemble Tart and Bake

Spoon **prepared filling** into **pie tin** on top of **dough** and spread evenly so entire dough surface is covered. Sprinkle with remaining **goat cheese**. Begin to fold in and crimp dough hanging over edge of tin to form a crust. (This doesn't have to look perfect, since a rustic handmade look is the end goal.) Once crust is finished, place tart on prepared baking sheet and bake 25-30 minutes. Allow to rest about 5 minutes before serving. Drain **pickled shallots** from their liquid.



Plate the Dish

Slice tart into 4-8 pieces and garnish with **pickled shallots**.