



Eggs Benedict Tarts with Crispy Prosciutto



DIFFICULTY: EASY



PREPARATION TIME: 15
MINS



COOKING TIME: 30 MINS



SERVES: 6

Ingredients

Pastry

- 1 ¼ cups plain flour
- 125g butter, softened
- 1 egg, lightly beaten

Filling

- 1 tbsp olive oil
- 1 small onion, chopped
- 180g baby spinach
- ¼ tsp ground nutmeg
- Salt and pepper
- 6 sliced prosciutto
- ½ cup grated tasty cheese
- 6 eggs

Method

Place the flour and butter for the pastry into a medium size bowl. Rub the butter into the flour until the mixture resembles breadcrumbs. Add the egg and mix to form a dough. Wrap the pastry in plastic wrap and allow to rest while you prepare the filling.

Heat a frying pan over a medium high heat, Induction level 7. Add the oil to the pan, then the onion and cook stirring constantly for 3 to 4 minutes or until the onion is tender. Reduce the heat to medium, Induction level 5 and add the spinach. Continue cooking, stirring regularly until the spinach has wilted and the moisture has evaporated. Add the nutmeg and season with salt and pepper. Allow the mixture to cool completely.

Preheat the oven on CircoTherm Intensive to 200°C and place the wire rack on shelf position 2.

Lightly grease a 6 cup Texas muffin pan. Divide the pastry into 6 pieces and roll each piece to line a muffin cup. Pierce the base of each pastry with a fork. Divide the spinach mixture between the 6 pastry cups.

Line the universal tray with baking paper and lay the prosciutto slices onto the tray.

Place the prosciutto on shelf position four and the pastry on the wire rack.

Bake for 10 minutes. Reduce the oven temperature to 180°C. If the prosciutto is crispy remove it from the oven and allow to cool.

Sprinkle the grated cheese over the spinach then break an egg into each tart. Cover the tray with lightly greased foil. Continue to cook for a further 16 to 18 minutes or until the eggs are cooked.

Serve with readymade hollandaise sauce or tomato chutney.

Notes
