Fig & honey custard tartlets

Preparation time

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Serves

4

Recipe courtesy of

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Ingredients Method Nutrition

SHORT CRUST PASTRY:

½ cup rice flour

1 cup almond meal

1 free-range egg

2 tbsp olive oil (any oil will work)

1 tbsp honey

FILLING:

2 free-range eggs

½ cup milk or cream

1 tbsp vanilla essence

2 tbsp honey

2 fresh figs, sliced

1. Pre-heat oven to 180°C fan forced. Using a food processor, combine rice flour, almond meal, egg, honey and oil. Blitz until the mixture comes to a ball.
2. Divide pastry into 4 portions, rolling out each to 1cm-thickness.
3. Transfer pastry into tart tins pressing into edges and trimming excess pastry hanging over the edges. Bake in preheated oven for 10 minutes.
4. To make custard, combine eggs, milk, vanilla and honey in a mixing bowl and whisk until well combined.
5. Remove tart shells from oven. Evenly divide custard mixture into shells and gently float fig slices on top of custard filling.
6. Place tarts back into the oven to bake for a further 30-40 minutes or until custard has set. Allow to cool slightly, drizzle with honey and serve with natural or Greek yoghurt.

Nutritional information is provided per serve

Engery	1913kJ (457 calories)
Protein	12g
Saturated Fat	4g
Total Fat	27g
Carbohydrates	40g
Sugars	23g
Dietary Fibre	3.5g
Sodium	66mg