



Leek and Broccoli Tart

Source – SAKGF

Harvest – broccoli, parsley, leeks, eggs

Vocab Words – florets, meanwhile

Skills – wash leeks, crack eggs, chop, melt butter in microwave, fry, whisk, bake

Equipment:

- Metric measuring cups and spoons
- Metric measuring scales
- Chopping boards and grips
- Compost bowls
- Knives
- Small bowl (microwave safe)
- Pastry brush
- Baking dish
- Frying pan
- Wooden spoon
- Large bowl
- Whisk
- Serving Items – platters and tongs

Ingredients:

- 2 tablespoons **butter**, melted
- 2 tablespoons **olive oil**
- 2 **leeks**, finely chopped
- 1 large heads of **broccoli**, chopped into florets
- 6-8 **eggs** (one for each student to crack)
- 600ml **cream**
- 250gm **ricotta cheese and/or feta**
- 100gm **parmesan**, grated
- 1 pinch **nutmeg**
- **Salt and pepper**, to taste

What to do:

1. Wash all garden ingredients and prepare all ingredients based on instructions in the 'Ingredients' list.
2. Preheat the oven to 200°C and grease a large baking dish with the melted butter.
3. Heat the oil in the frying pan over medium heat.
4. Add the leek and broccoli and cook for about 5 minutes until the leek begins to soften and starts to colour. Remove it from the heat, tip into the greased baking trays and spread out evenly.
5. Meanwhile, in a large bowl lightly whisk the eggs and cream together, then mix in the ricotta and parmesan. Season with nutmeg and some salt and pepper.
6. Pour into the greased baking dish and cook in the oven for 30-35 minutes.
7. Serve.

Notes: