



The Gathered Green

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'CHEESY' LEEK & BROCCOLI TARTLETS

Thank you to coconutandberries.com for this dairy and gluten-free recipe and picture.

Ingredients *(makes 3 tartlets)*

Press-in Pie Crust

- ½ cup almond flour
- ½ cup oat flour
- ½ teaspoon salt
- 1 tablespoon chilled coconut oil
- 2 tablespoons (plus ½ tablespoon) cold water

Filling

- 1 teaspoon coconut oil
- 1 leek, halved lengthwise and chopped finely
- florets from ½ medium head broccoli, roughly chopped
- 1/3 cup cashews soaked
- 1 tablespoon nutritional yeast
- ½ teaspoon salt
- ½ tablespoon lemon juice
- 2 tablespoons arrowroot
- ½ cup water
- Salt and black pepper to taste





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Method

Preheat oven to 160 degrees Celsius. Lightly grease 3 tartlet tins with coconut oil.

Stir together dry ingredients then cut in coconut oil with a fork, until crumbly. Add water, 1 tablespoon at a time, until you can form a ball with the mixture in your hands. Divide the dough into 3 and press evenly into the prepared tins until it evenly covers the base and sides. Prick all over with a fork to prevent from puffing up.

Pre-bake for 15 minutes. Remove from oven and set aside.

While crust is baking, prepare filling.

Sauté leeks in oil over medium heat for approximately 10 minutes, stirring often. Add the broccoli, cover and cook for a further 5 minutes.

Blend together the remaining ingredients (cashews through to water), and mix with the leeks and broccoli. Season with salt and black pepper, to taste. Spoon the filling into the pre-baked crusts.

Bake for 25 minutes. Place under the grill for 1-2 minutes to brown tops (optional).

Cool briefly before removing from tins and serve warm or cold.

NB: To make one large tart to serve 6, double the ingredients, pre-bake the crust for 25 minutes, then bake filled tart for 30-40 minutes.

Enjoy!

Jane

