



Turkey, Asparagus & New Potato Tart

Serves -	4
Energy -	613Kcal
Protein -	26.7g
Fat -	35.2g
Sat Fat -	15.9g
Carbs -	49.8g
Sugars -	3.7g
Salt -	1.1g
Fibre -	3.2g
Prep-	30 mins
Cooking-	35-40 mins



Ingredients:

- 250g lean British turkey mince, rolled into marble sized balls
- 2-3 tbsp any oil
- 250g asparagus
- 320g sheet ready rolled puff pastry
- Flour, for dusting
- 200g jar ready-made hollandaise sauce
- 350g cooked small new potatoes, sliced
- 4 spring onions, finely sliced
- Pepper

Method:

Preheat the oven to 200°C/gas 6. Place a non-stick baking sheet upside down in the oven.

Heat the oil in a frying pan and gently sauté the turkey meatballs until lightly browned and cooked through. Remove from the pan and place on a plate.

Add a touch more oil to the pan and cook the asparagus until it takes on a little colour, then spoon onto the plate with the meatballs.

Unroll the pastry, place on a floured board and roll even thinner – the thinner the better. Don't worry too much about the shape. Prick well, then place the pastry onto the warmed baking sheet.

Place the hollandaise sauce into a bowl and add the potatoes and onions. Mix well and season with pepper (it should have enough salt).

Pile the hollandaise mixture onto the rolled pastry base, keeping it 2-3 cm from the edge. Dot over the turkey meatballs, arrange the asparagus neatly over the top, and then bake in the oven for 35-40 minutes until the pastry is nicely browned and cooked.

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