

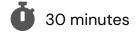




Antipasto Tart

with Bocconcini

A naturally gluten-free tart base, made from flavourful polenta, baked to create a crispy exterior, topped with roasted antipasto vegetables, Kalamata olives, bocconcini cheese and fresh basil.







Switch it up!

You can turn this dish on it's head! Cook the polenta at step 1. Sauté the vegetables in a frypan with a little water and tomato paste to make a mediterranean ragu. Serve ragu over creamy polenta with bocconcini and basil to serve.

FROM YOUR BOX

INSTANT POLENTA	125g
EGGPLANT	1
RED CAPSICUM	1
ZUCCHINI	1
CHERRY TOMATOES	200g
SHALLOT	1
KALAMATA OLIVES	1 jar
BASIL	1 packet
CHERRY BOCCONCINI	1 tub

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, balsamic vinegar, dried oregano, smoked paprika

KEY UTENSILS

saucepan, oven dish, oven tray

NOTES

For extra flavour in the polenta, add a stock cube to water, cook in equal parts water and milk or add parmesan cheese to cooked polenta.

We used a round oven dish, you can use a rectangular oven dish or for faster baking time spread polenta thinly onto a lined oven tray.





1. COOK THE POLENTA

Set oven to 220°C.

Bring a saucepan with 750ml water and 2 tsp oregano (see notes) to a boil. Gradually pour in polenta. Reduce to medium heat and whisk continuously for 1-3 minutes until thickened. Remove from heat and season to taste with salt and pepper.



2. BAKE THE POLENTA TART

Rub an oven dish with oil (see notes). Pour cooked polenta into prepared dish and bake on top wrack for 25-30 minutes until slightly crisp on the top.



3. ROAST THE VEGETABLES

Cut eggplant and capsicum into strips. Slice zucchini. Toss on a lined oven tray along with cherry tomatoes, oil, 2 tsp paprika, 1 tbsp vinegar, salt and pepper. Roast for 20-25 minutes until vegetables are tender.



4. PREPARE THE TOPPINGS

Finely slice shallot. Chop olives if desired. Roughly chop basil leaves.



5. FINISH AND SERVE

Add roasted vegetables, shallot, and olives to tart. Roughly tear bocconcini and add to tart. Garnish tart with basil and serve tableside.





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