

Healthy Mushroom Tart

Servings: 8

Prep Time: 10min

Cook Time: 40min



Ingredients

- 4 sheets phyllo pastry
- olive or avocado oil, for frying
- 500g mushrooms, thinly sliced
- 2 spring onions, sliced
- 1 garlic clove, crushed
- handful thyme
- 250g smooth cottage cheese
- 1 egg
- 80ml feta, crumbled

Directions

1. Preheat oven to 200°C. Cut the pastry in half lengthways and line a greased 13cm x 34cm rectangular dish with the pastry.
2. Heat a splash of oil on medium-high and fry the chopped mushrooms, onion and garlic for 10 minutes or until golden. Stir in the thyme and season.
3. Divide the mushrooms in half and stir the cottage cheese through one half with the egg. Spoon cottage cheese filling into the tart case.
4. Top with the remaining fried mushrooms and cheese. Bake for about 30 minutes or until golden and cooked.