

little kale/spinach tarts

Equipment:

1 muffin tray, pastry brush, smallish shallow bowl, salad spinner, chopping board, knife, measuring cups/spoons, bowls, whisk,

Ingredients:

4 sheets filo pastry
rice bran oil
6 eggs
7 kale or spinach leaves
½ tspn salt
a little freshly ground pepper
½ tspn stock powder
1 TBLSPN cream
⅓ cup grated cheese

method:

Unused filo can be carefully wrapped and put back in the fridge.
Pre heat oven to 180oC, fan-forced.

Carefully remove the filo pastry, and lay out on a chopping board.
Using a sharp knife, cut each piece into 6 squares.

Tip some oil into a smallish bowl, and lightly grease the muffin tray with the pastry brushes. Taking a square of filo, lightly oil, than place another square on top. Place over a muffin tray mould, and using a drinking glass, gently push in.

Wash the kale or spinach and spin dry. Finely slice.

Whisk eggs in a large bowl, then season with salt, stock powder and pepper.

Stir in the vegetables.

Mix through the cream and cheese.

Carefully tip egg mixture into each pastry 'nest'. They will rise a little.

Bake for 10-20minutes, until slightly brown and not wobbly.

Put on wire racks to cool slightly; but serve **warm**.