



Seasonal Recipes from Fountains Abbey

May Seasonal Recipe

Mini Asparagus Tarts with Smoked Salmon

Ingredients

Pastry

- 1 tsp olive oil, for brushing
- 1 large sheet filo pastry, cut into 6 squares
- 1 free-range egg, beaten

Filling

- 75g cream cheese
- 1 free-range egg, beaten
- 1 slice smoked salmon
- 1 large asparagus spear, finely chopped
- 1 tbsp chopped fresh chives, plus extra to garnish
- Salt and freshly ground black pepper

Method

1. Pre-heat the oven to 200°C / 400°F / Gas 6
2. For the pastry, lightly oil a muffin tin. Press one filo square into the tin, then brush it lightly with beaten egg and place the next square on top. Repeat with all of the filo squares.
3. For the filling, place all of the ingredients into a bowl, reserving some chopped chives for the garnish, and mix well.
4. Pour the filling mixture into the pastry case, transfer to the oven and bake for 10-12 minutes, or until golden brown.
5. To serve, place the quiche onto a small plate and sprinkle the chives over.