

# Roasted Carrot, Ricotta & Walnut Puff Pastry Tart



## Ingredients

- 1 sheet frozen puff pastry, partially thawed
- Approx. 340g carrots, peeled and thinly sliced on a diagonal
- 1½ teaspoons unsalted butter (for walnuts)
- 1½ teaspoons olive oil (for walnuts)
- 2 teaspoons unsalted butter (for carrots)
- 2 teaspoons olive oil (for carrots)
- 1/3 cup chopped walnuts
- ¾ cup ricotta cheese
- ¼ cup crumbled feta cheese
- 2 garlic cloves, minced
- Zest and juice of ½ lemon
- 3 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh dill
- 2 tablespoons chopped chives
- 1–2 tablespoons chopped fresh mint (optional)
- Sea salt and cracked pepper
- 1 egg, plus 1 teaspoon water (for egg wash)
- Microgreens or watercress, to serve

## Optional drizzle

- Warmed honey with a pinch of chilli flakes or lemon zest

## Method

1. Preheat the oven to 200°C
2. In a small frying pan, melt the butter and olive oil over medium heat. Add the walnuts and toast for 2 to 3 minutes, stirring often, until golden and fragrant. Transfer to a bowl and set aside.
3. Toss the carrot slices with the remaining butter and olive oil, season with salt and pepper, and spread on a lined baking tray. Roast for 25 to 30 minutes, flipping once, until tender and starting to caramelise.
4. Bake for 18 minutes, until the feta is soft and just starting to turn golden at the edges.
5. In a bowl, combine the ricotta and feta. Stir in the garlic, lemon zest and juice, and all the herbs. Season to taste with salt and pepper. Add a little extra olive oil if needed to loosen the texture.
6. Lay the puff pastry sheet onto a lined baking tray. Lightly score a 1 to 2 cm border around the edge with a knife, then prick the centre with a fork. Spread the ricotta mixture evenly within the border.
7. Arrange the roasted carrots over the ricotta base. Brush the pastry edges with egg wash. Bake for 20 to 25 minutes or until the pastry is golden, puffed and crisp.
8. Let the tart cool slightly. Scatter over the toasted walnuts and garnish with microgreens or watercress. Add a drizzle of honey, if desired. Serve warm or at room temperature.

