

Recipe for Summer asparagus & pea tart

NAME OF DISH

FROM THE KITCHEN OF

Hippy Highland Living

SERVES 4 people

INGREDIENTS

1 bunch of asparagus (woody ends snapped off)
1 tin of garden peas
1 sheet of vegan puff pastry
2x 400g tins of butter beans
3 cloves of garlic, chopped
3 tbsp nutritional yeast (optional)
2 tbsp water
2-3 tbsp olive oil
handful of walnuts, roughly chopped
salt

DIRECTIONS

1. Preheat the oven to 190 degrees. Steam the peas and asparagus for a few mins, then transfer to cold water to cool
2. Line a tray with a baking sheet and roll out the puff pastry. Make a small crust by pinching the edges all the way round
3. Drain the beans and blend them along with the garlic, nutritional yeast, water, olive oil and salt. Aim for a smooth paste and add more water if needed
4. Spread the bean mix on the pastry and add the peas, asparagus and walnuts on top
5. Bake for 25-30 mins until the crust is golden brown

