



Feta cheese tarts

20'

Hands on

60''

Hands off

40'

Cook Time

6

Portion(s)

1

Difficulty



Method

For the dough

- In a bowl, add the flour, butter (cut into cubes), parmesan cheese, egg, pepper, salt, thyme and mix with your hands until you have a thick dough.
- Wrap with plastic wrap and refrigerate for 1 hour.

For the filling

- In a [bowl](#), add the feta cheese and crumble it with a fork.
- Add the cream cheese, chili flakes, thyme and mix.

To assemble

- Preheat the oven over 170° C (340* F) Set to Fan.
- Line parchment paper on the kitchen counter and dust with flour. Place the dough on top, dust with flour and cover with plastic wrap.
- Roll out with a rolling pin until you have a very thin dough. If the dough is sticking to the parchment paper, add some more flour.
- Use a 10 cm cookie cutter to cut 6 pieces from the dough.
- Knead the rest of the dough and cut 6 pieces with a 7 cm cookie cutter.
- In a [muffin pan](#), place the 10 cm pieces. Press with your hands so they will take the shape of the pan. Make sure they stick out a little so that the small pieces will not get stuck.
- Place 1 tablespoon of filling in each muffin and smooth it with a spoon.
- Brush the overhanging parts of the dough with the egg yolk and cover with the smaller pieces. Press the overhanging part with your hands so that there is no space.
- Brush with the rest of the egg yolk and bake for 40 minutes.
- [Serve](#) with rocket, cherry tomatoes, grated feta cheese, olive oil and thyme.

Ingredients

For dough

- 200 g all-purpose flour
- 100 g butter, frozen
- 50 g parmesan cheese
- 1 medium egg
- pepper
- salt
- 1 tablespoon thyme
- 1 egg yolk, diluted with 1 tablespoon water

For filling

- 150 g feta cheese
- 150 g cream cheese
- pinch chili flakes
- 1 teaspoon thyme

To serve

- 100 g rocket
- 100 g cherry tomatoes
- 50 g feta cheese
- 1 teaspoon olive oil
- 1 tablespoon thyme

Διατροφικός πίνακας

Nutrition information per portion

424 Calories (kcal)	30.0 Total Fat (g)	18.0 Saturated Fat (g)	26.0 Total Carbs (g)
21%	43%	90%	10%
1.4 Sugars (g)	12.0 Protein (g)	1.5 Fibre (g)	1.4 Sodium (g)
2%	26%	6%	23%