



Mushroom tart

15'
Hands on

70'
Cook Time

8-10
Portion(s)

2
Difficulty



Ingredients

For the tart crust

- 350 g phyllo dough sheets
- 50 g olive oil

For the filling

- 1 red bell pepper
- green bell pepper
- 100 g bacon
- 1 kilo champignon mushrooms
- 50 g olive oil
- 1 mushroom bouillon cube
- 100 g feta cheese
- 1 tablespoon(s) thyme
- 300 g cream cheese
- 100 g milk
- 2 pinches nutmeg
- pepper
- salt
- 4 eggs

Method

For the tart crust

- Preheat the oven to 150° C (302° F) set to fan.
- Grease a [round 28 cm springform pan](#) with olive oil.
- Place one phyllo dough sheet and drizzle with olive oil. Follow the same process for all of the sheets.
- Roll backwards the sheets that stick out of the pan, in order to crimp the crust.
- Wrinkle a piece of parchment paper and place it in the middle of the crust so that it maintains its shape during baking.
- Bake for 30-40 minutes.

For the filling

- Place a [frying pan](#) over high heat.
- [Cut](#) the peppers into cubes and add them into the pan.
- Cut the bacon into cubes and add it into the pan. Let them be sautéed in the oil of the bacon.
- Remove, place them into a [bowl](#), and set aside.
- Cut the mushrooms into irregular pieces and add them into a bowl.
- In a blender, add the olive oil, mushroom bouillon cube, and beat well.
- Pour the blender's mixture over the mushrooms, and mix.
- Place the frying pan on heat, until it gets very hot, and then add the mushrooms. Cook for 30 minutes, until they dehydrate and decrease in volume.

To assemble

- Remove the crust from the oven and add the peppers, bacon, mushrooms, the feta crumbled with your hands, and thyme.
- In a bowl, add the soft cheese, the milk, and mix with a [whisk](#). Add the nutmeg, pepper, salt, eggs, and mix. Pour them over the tart.
- Bake for 50 minutes.
- Let it cool and then serve.

Διατροφικός πίνακας

Nutrition information per portion

338 Calories (kcal)	20.0 Total Fat (g)	8.6 Saturated Fat (g)	25.0 Total Carbs (g)
17%	29%	43%	10%
4.1 Sugars (g)	14.0 Protein (g)	2.8 Fibre (g)	1.4 Sodium (g)
5%	28%	11%	23%