



# Polenta Tart with Vegetables

20'  
Hands on

30 minutes'  
Hands off

45'  
Cook Time

6  
Portion(s)

1  
Difficulty



## Method

- Preheat oven to 200\* C (390\* F) Fan.
- Place a pot full of water over high heat and bring to a boil.
- Add the polenta and mix well with a silicon spatula for 5-6 minutes until the polenta isn't sticking to the bottom of the pot.
- Remove from heat and add the grated gruyere. Mix.
- Add the egg and mix. Transfer to a bowl and allow it to cool for 15 minutes.
- Brush a 20x30 cm tart pan with olive oil.
- Thinly slice the carrots and zucchini with a mandolin. They should be 2-3 mm thick. If you don't have a mandolin you can carefully thinly slice the vegetables with a sharp knife.
- Mince the garlic.
- When the polenta has cooled, spread it in the tart pan and firmly press down on it with the bottom of a glass so that it spreads evenly on the bottom as well as a little up the sides.
- Spread the pesto sauce over the polenta with a spoon, leaving a 1 cm border.
- Spread the vegetables over the pesto sauce and season with salt and pepper.
- Bake for 40-45 minutes.
- Crumble the anthotyro into a bowl with your hands.
- Finely chop the dill and mint. Add them to the bowl, season with salt and pepper and mix.
- Remove tart from oven and allow it to cool for 30 minutes.
- Add the anthotyro mixture over the tart and serve.

## Ingredients

For the tart shell

- 500 g water
- 140 g polenta
- 1 vegetable bouillon cube
- 1 egg
- 1 tablespoon(s) olive oil

For the filling

- 3 carrots
- 3 zucchinis, small sized
- 2 clove(s) of garlic
- 3 tablespoon(s) [pesto alla Genovese](#)
- salt
- pepper
- 100 g anthotyro cheese
- 2 tablespoon(s) dill
- 2 tablespoon(s) mint

## Διατροφικός πίνακας

Nutrition information per portion

223 Calories (kcal)	17.0 Total Fat (g)	6.8 Saturated Fat (g)	8.0 Total Carbs (g)
11%	24%	34%	3%
3.4 Sugars (g)	9.0 Protein (g)	2.5 Fibre (g)	1.3 Sodium (g)
4%	18%	10%	22%