



Recipe Category / Savory pies and Tarts

Savory Rice Tart Shell

20'
Hands on

10
Portion(s)

1
Difficulty



Method

- Preheat oven to 220* (420°F).
- Prepare the "dough". Combine all the ingredients for the base and make a very moist mixture that stays together when you squeeze it in your hand.

Ingredients

- 1 cup boiled parboiled rice
- ½ tsp. salt
- ¼ tsp. pepper
- ½ cup grated parmesan
- 2 egg whites
- olive oil to grease tart pan

Διατροφικός πίνακας

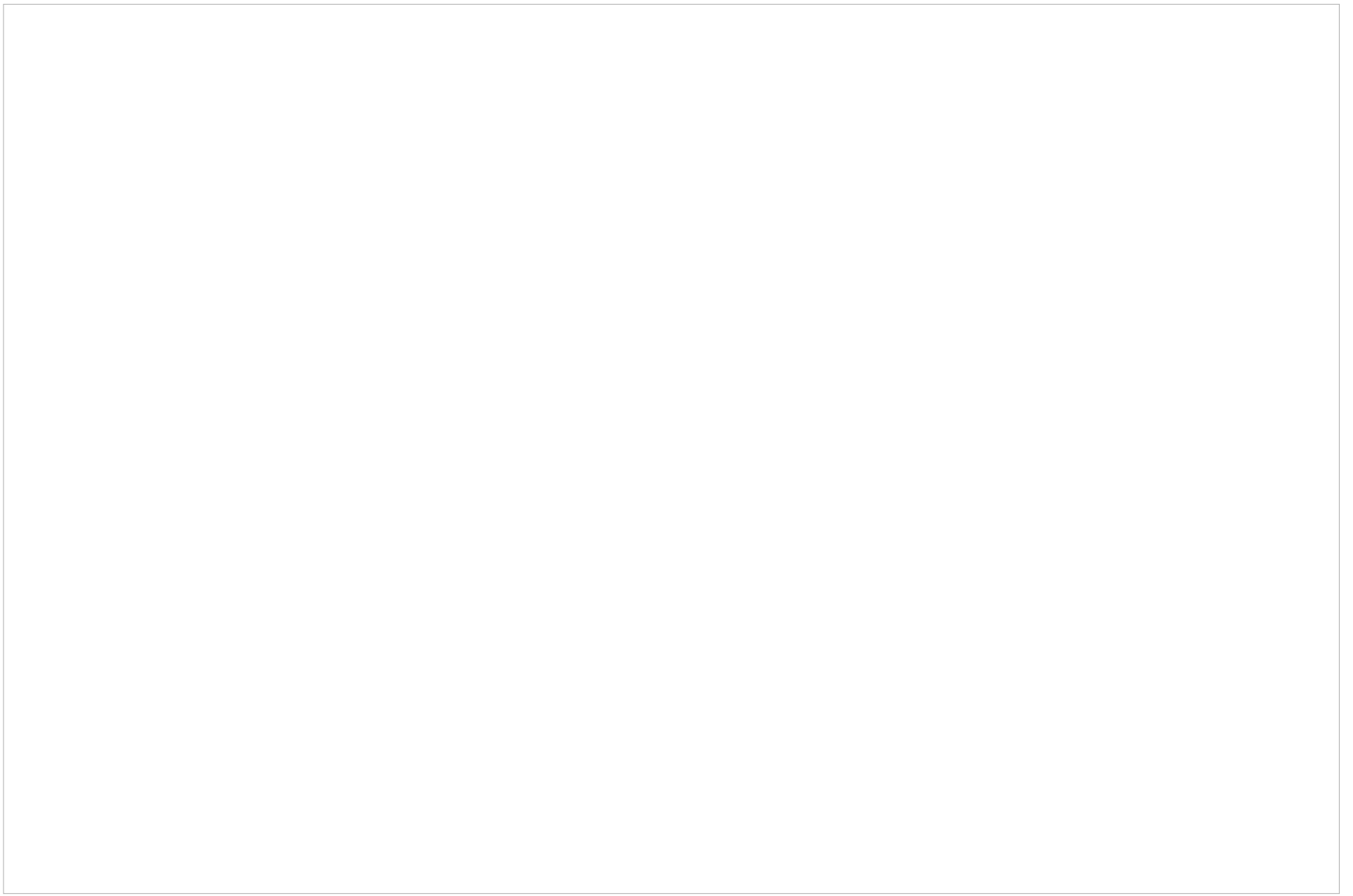
Nutrition information per 100 gr.

166 Calories (kcal)	5.6 Total Fat (g)	2.8 Saturated Fat (g)	20.0 Total Carbs (g)
8%	8%	14%	8%
0.0 Sugars (g)	9.0 Protein (g)	0.0 Fibre (g)	1.2 Sodium (g)
0%	18%	0%	20%

- Grease a 26-28 cm round tart pan with removable bottom with olive oil.



- Press the mixture on to the bottom and sides of the tart pan.



- Bake for 10-12 minutes and allow to cool.

