



WHITE STAR

SPINACH & FETA MAIZE MEAL TART

Serves: 4

Preparation time: 20 minutes

Cooking time: 50 minutes

CATEGORY: Mains



Ingredients

Maize Meal Tart Case:

- 750l water
- 60g butter / margarine
- 5ml salt
- 500ml White Star Quick Maize Meal
- 1 egg, beaten

Filling:

- 160ml milk
- 5 eggs
- 200g feta
- 50g cheddar
- 200g baby spinach / chopped large spinach
- Salt & pepper

Method

1. Put the water, butter and salt in a pot and bring it up to the boil. Once boiling, pour in the Maize Meal whisking continuously. Cook for 2 minutes then put aside to cool.
2. Preheat the oven to 180C.
3. Once cool, press it into a greased 25cm spring form tart pan. Brush the beaten egg over the case. Bake the pastry in the oven for 5 minutes until it starts to crisp and set slightly.

Filling:

1. Preheat the oven to 170C.
2. Whisk the milk and eggs together. Then mix in the feta, cheddar and spinach. Season with salt & pepper.
3. Pour the mixture into the baked tart case and place in the oven. Bake for 30-40 minutes until the filling has set.

Remove from the oven and allow to cool. Serve slices with a side salad.

