Swiss Chard & Cheese Tart

Ingredients

For the Pastry:

- 200g plain flour
- 100g cold butter, cubed
- 1 egg yolk
- 2–3 tbsp cold water
- A pinch of salt

For the Filling:

- 1 tbsp olive oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 250g Swiss chard, chopped (stems and leaves separated)
- 3 eggs
- 1 tbsp fresh thyme or parsley, chopped
- 200ml double cream (or whole milk for a lighter option)
- 100g feta cheese, crumbled (or cheddar for a milder flavour)
- 50g grated Parmesan (optional)
- Salt & black pepper, to taste

Directions

1. In a bowl, rub the butter into the flour with your fingertips until it resembles breadcrumbs.
2. Add the egg yolk and cold water, mixing until a dough forms.
3. Wrap and chill in the fridge for 30 minutes.
4. Preheat oven to 180°C (160°C fan/gas mark 4).
5. Roll out the pastry and press it into a tart tin. Prick the base with a fork.
6. Line with baking paper and baking beans, then bake for 15 minutes.
7. Remove paper and beans, then bake for another 5 minutes until golden.
8. Heat olive oil in a pan. Sauté the onion and Swiss chard stems for 3–4 minutes.
9. Add garlic and Swiss chard leaves, cooking until wilted. Let cool slightly.
10. In a bowl, whisk eggs, cream, thyme, salt, and pepper. Stir in crumbled feta and Parmesan.
11. Mix in the cooled Swiss chard mixture. Then pour the filling into the tart crust.
12. Bake for 25–30 minutes, until set and golden.
13. Let it rest for 10 minutes before slicing.