



vege<sup>o</sup>table

Recipe #4 - September

**Tasty tomato tart**







## Ingredients for the tart shell:

TOTAL:  
4.95 CHF

For 4 people:

**250 g** flour  
**75 g** olive oil  
**100 g** water  
**6 g** sea salt

**20 g** wholegrain mustard  
**10 g** chia seeds  
**25 g** miso  
**1** pinch marjoram

## Ingredients for the filling:

A few teaspoons  
of wholegrain mustard  
A dollop of silken tofu  
(optional)  
4 tomatoes  
(depending on size)

Flaxseed oil (or olive oil)  
Dried herbs (Herbes de  
Provence or oregano)

## Making the shell:

Mix all dry ingredients together in a bowl.

Stir in the miso and mustard.

Slowly add the olive oil and mix until the dough is smooth.

Lightly dust the dough with flour to keep it from sticking to the bowl.

Lift out the ball of dough, wrap it in cling film and place it in the refrigerator.

## Assembling the tart

While the dough is resting in the fridge, mix a few teaspoons of mustard with a little silken tofu.

Slice the tomatoes into thin rounds.

Preheat the oven to 180°C.

Roll out the dough to fit the shape of your baking dish, and place it in the bottom of the dish.

Spread the mustard-tofu mixture evenly over the dough.

Place the tomato slices evenly over the mixture, covering it completely.

Add a drizzle of olive oil, a pinch of sea salt and the dried herbs.

Pinch the edges of the dough to make a fluted edge (and brush the edges of the shell with a little olive oil), then transfer to the oven.

Bake for 20 min, or until the edges of the shell are lightly browned.

By Remy Tranchida,  
SV Group