

Pumpkin, Beetroot and Goat's cheese tart



Serves 4, 181 cal's per serve

800g pumpkin, peeled, cut into 2cm pieces
1 teaspoon extra virgin olive oil
4 sheets of mountain bread rice wraps cut into 1/4
450g can baby beetroot, drained, halved (or fridge fresh beetroot)
80g goat's cheese, roughly crumbled
1/4 cup roughly chopped fresh flat-leaf parsley leaves
2 teaspoons balsamic vinegar glaze
Extra virgin olive oil spray

Preheat oven to 220°C/200°C fan-forced. Place pumpkin in a baking dish. Drizzle with half the oil. Season with salt and pepper. Toss to coat. Roast for 25 minutes or until tender. Transfer to a large plate. Cool for 10 minutes.

Grease 4 ramekins or 4 large muffin bases. Line with the rice wraps, spraying with oil in between.

Place the cooked pumpkin and beetroot in pans and bake at 200 for 15 mins.

Top the tarts with goat's cheese and parsley. Drizzle with balsamic glaze. Serve.

Alternative:

Line one tart pan with all 4 sheets, fill and bake to make one large tart as above.