

Mixed Vegetables in Filo Pastry Tart



Ingredients

- 6 Sheets Filo Pastry
- 150g Butter
- 150g Hard Bean Curd
- 150g Carrot
- 150g Celery
- 100g Corn Kernels
- 150g Green Beans
- 1 tbsp Barbeque sauce
- 1 ½ tsp Soy Sauce
- ½ tsp Salt
- ½ tsp Sugar
- ½ tsp Pepper
- ½ Cup Water

Optional

- 100g Peanuts or cashew nuts

Preparation

1. Preheat oven to 160°C and melt the butter.
2. Cover a sheet of filo pastry with the melted butter and then place it on to a upside down muffin pan to create the cups. Repeat until there are 3 sheets of filo pastry.
3. Bake for 10-15 minutes until golden brown then set aside while you prepare the filling.
4. Dice the bean curd, carrot, celery and green beans into uniform cubes (approx 60-80mm).
5. Oil a pan and then lightly cook the carrots for a few minutes, then add the hard tofu and let it cook for another minute before adding the barbeque sauce, soy sauce and water.
6. Let it cook for another few minutes before adding the green beans, celery, corn, salt, sugar and pepper.
7. On a medium heat, cook down the sauce for another 5 minutes, occasionally stirring the vegetables.
8. Let the filling cool for 5-10 minutes then toss in your chopped peanuts or cashew nuts if desired.
9. Spoon the filling into your filo pastry cups and serve.

All Recipes

