

Roasted Mediterranean Vegetable Flan

Ingredients

Pastry:

150g plain or wholemeal flour
75g butter, lard, solid block vegetable fat or a combination
8tsp cold water

Filling:

1 pepper
1 courgette
1 small onion
1 tomato
2 medium mushrooms
½ aubergine
1 clove garlic
Herbs of your choice such as, Rosemary, Thyme, Oregano, Basil
2 medium eggs
150ml milk
100g mature cheddar cheese
Black pepper
Olive Oil

You will also need:

A 23 – 25 cm ovenproof flan tin or dish



Method

1. Pre heat the oven to 190°C
2. Wash and dice all the vegetables cutting them all to the same size
3. Mix the vegetables in a bowl and with a little oil, the crushed garlic, some black pepper and some herbs
4. Arrange the vegetables on a baking tray and roast them for 25 – 30 minutes until lightly brown and tender. Half way through the cooking time, stir them with the white spoon to ensure they cook evenly
5. While the vegetables are cooking, make the pastry by rubbing the butter / lard into the flour until it looks like breadcrumbs.
6. Add a little bit of water at a time until the mixture forms a dough
7. Bring the dough together into a ball and on a lightly floured surface, roll it out and line the flan tin
8. In a jug, beat together the milk and eggs. You can add some more herbs and pepper if you wish
9. Grate your cheese and sprinkle it onto the pastry
10. Once the vegetables are cooked, place them into the pastry case on top of the cheese and pour the egg and milk mixture on top
11. Put it in the oven and bake for around 25 minutes until golden and the filling has set