



Masala Egg Tart

SNACKS & LIGHT MEALS

The recipe makes 14-18 tarts

Ingredients

Tart crust:

- 2 cups sifted chickpea flour
- 1 tsp baking powder
- 1 tsp garlic powder
- 1.5 tsp sesame seeds
- 1 heaped tsp tahini
- ½ cup water
- Optional ingredient: salt to taste

Simple masala scramble filling:

- 1 onion
- 1 tomato
- 1 tsp cumin seeds
- 350 grams silken tofu
- ¼ black salt
- 1 cup button mushrooms
- 1 zucchini
- 1 small red capsicum
- 1 tsp coriander powder
- 1/2 tsp turmeric
- Pepper to taste
- Salt to taste

Feel free to add additional ingredients such as garlic, ginger, chili's, lemon, mustard seeds, and other spices according to your palate and preferences.

Page 1 of 3 for recipe



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Method:

Sift the chickpea flour. Add the baking powder, sesame seeds, garlic powder, and tahini. Gradually add the warm water and continue to mix until the dough forms. If you accidentally add too much water, don't worry simply add more dry, sifted chickpea flour until it returns to the desired consistency. Then knead the dough until it forms a smooth ball. Allow your dough to rest for an hour.

For the filling, start by dicing your onion, then dice the zucchini, capsicum, tomato and halve your button mushrooms.

Place your non-stick pan on medium-high heat. Toast your cumin seeds until they become fragrant. Add all of your vegetables, then the coriander powder, freshly ground pepper and salt to taste. Stir to coat your vegetables in the spices, then place your lid on and allow the vegetables to cook until they release their juices and become slightly softer.

Add your silken tofu, ground turmeric, black salt and combine. I like to add the silken tofu in the pan just as it comes from the pack and then break down using my wooden spoon, I do this because silken tofu is very delicate and if you cut the tofu into pieces beforehand you run the risk of the tofu turning into mush when you're stirring the ingredients. Cook all of the ingredients for a further 10 minutes, tasting and adjusting seasoning if required. Set aside and allow to cool while you roll out your tart shells.

Preheat your oven to 180 degrees celsius (355 degrees fahrenheit)

Page 2 of 3 for recipe



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Method:

Dust your work surface with sifted chickpea flour and add a dusting on top of your pastry if it's slightly sticky. Please see the recipe video at 6:24 to get an example of the ideal thickness. Cut out circles based on the size of your muffin tray.

Tip for when you're slotting the rounds inside your muffin tray - gently place them in ensuring you don't push in the corners too much, so that it's slightly above the corners. The reason for this is that because we're not using oil, taking this approach will ensure the tart shells come out easily once cooked.

Bake your tart shells for 10-12 minutes or until golden brown and the crust has bubbled slightly. The bubbling is great because it makes the tart lighter.

Spoon in your filling and bake on 150 degrees celsius(300 degrees fahrenheit) for 5-7 minutes.

Garnish with fresh coriander and you're ready to serve.