

TASTE WITHOUT WASTE

Tomato and Feta Tart with Brown Rice Crust

Serves 6

Ingredients

Crust:

150g (3/4 cup) brown rice
60g (1/2 cup) smoked cheddar cheese, finely grated
1 egg, lightly beaten

Filling:

5 roma tomatoes, stalk removed and halved lengthways
6 garlic cloves, unpeeled
1 tbsp olive oil or olive oil spray
8 sprigs thyme
45g (1/3 cup) feta or goats cheese, crumbled
4 eggs
60ml (1/4 cup) milk
Sea salt and freshly ground black pepper

Method

Preheat oven to 190C. Place rice in a small pot and cover with 3-4 cups cold water. Bring to boil and cook, stirring occasionally, until most of the water is absorbed and the grains are tender and quite soft. You don't want it overcooked, but more than al dente. Cooking times will vary significantly with each type of grain so check the packet. Once cooked, drain, rinse with cold water and leave to cool slightly.

Meanwhile, arrange the tomatoes cut side up on a baking tray, along with the garlic. Brush or spray the tomatoes with olive oil and grind some black pepper over the top. Bake for 30 minutes or until just bubbling, remove from oven and set on a wire rack to cool slightly.

Lightly grease a 22cm (10 inch) tart tin/shallow quiche dish. Tip the cooled rice into a bowl and mix together with the cheese and beaten egg. Tip the rice mixture into the middle of the dish and use your hands to gently push the mix out from the centre. Keep on pushing and directing the mixture up the sides of the dish until they reach the rim of the dish. Try to keep the thickness as even as possible. Take particular care in the 'corners' of the dish, as there tends to be a large build up of rice. You don't want a big wedge of rice!

Bake the crust for 15 minutes. Remove from oven and set aside on a wire rack.

Reduce the oven temperature to 170C. Meanwhile whisk together the eggs and milk in a small bowl or jug. Season with a little salt and freshly ground black pepper. Squeeze the garlic cloves out of their skins. Arrange the tomato halves, cut side up, garlic cloves and thyme sprigs on the rice crust. Sprinkle with the crumbled feta. Carefully pour the egg mixture over the top.

Bake for approximately 40 minutes or until filling has set. Place the quiche on a wire rack to cool for at least 10 minutes before cutting and serving.

Suitable to serve hot, room temperature or cold.

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