


Dragon Fruit and Strawberry Tart

Serves: 12

Prep time: 30 minutes

Cook time: 15 minutes + overnight chill time

 ½ serve per portion

Ingredients

Base:

1 cup rolled oats

½ cup sultanas

½ cup macadamias

¼ cup seeds (pepitas or sunflower)

2 tablespoons margarine

Custard Filling:

¼ cup cornflour

8 egg yolks

¼ cup sugar

3 cups low fat milk

2 teaspoons lemon rind

½ cup lemon juice

Dragon Fruit and Strawberry Topping:

2 cup strawberries

1 pink dragon fruit

Method

PREHEAT oven to 180°C.

ADD base ingredients to a food processor and blend until combined.

PRESS oat mixture into the bottom of a loose base tart tin (approximately 20-25 cm).

BAKE in oven for 15 minutes or until base is golden brown. Set aside.

WHISK cornflour, eggs and sugar in a small bowl.

HEAT milk in a saucepan over low heat until gently simmering. Turn heat down further.

WHISK egg mixture into the milk slowly, making sure to constantly stir as the egg mix is added to prevent lumps forming. Continue stirring until custard has thickened.

ADD lemon rind and juice to custard and stir to combine. Remove custard from heat.

POUR custard mix into pan over the cooked base. Allow to cool slightly and place in the fridge for 15 minutes.

BLEND ½ of the dragon fruit and 1 cup of strawberries in a food processor until smooth.

POUR fruit mix on top of the tart. Place in the fridge overnight to set.

SERVE tart with remaining dragon fruit and strawberries, sliced or chopped.



Discretionary Food

Recipe courtesy of the Country Kitchens 2023 Product of the Year Recipe Collection - Dragon Fruit