**Crab & Leek & Pesto Tart**

Soft, buttery leeks combined with pesto and a creamy crab filling are a marriage made in heaven. Comforting yet sophisticated this is scrumptious served both hot or cold.

Serves 6

Preparation time: 20 minutes plus chilling time for pastry

Cooking time: 50 minutes

350g ready-made shortcrust pastry or gluten free pastry

3tbsp sun dried tomato or regular pesto

200g white crabmeat, fresh

1 leek shredded in a food processor or chopped finely

3 eggs, beaten

250ml creme fraiche

3 tbsp finely grated parmesan

1. Heat oven to 200C, gas 6. On a lightly floured surface, roll out the pastry to 5mm thickness and use to line a 23cm/9in loose-based fluted tart tin. Cover and chill for 15 mins.
2. Line the pastry case with greaseproof paper and fill with baking beans. Bake for 10-15 mins until dry to touch, but not coloured. Remove the paper and beans and return the pastry case to the oven for a further 3-5 mins until it is just cooked. Reduce the oven to 180C, gas mark 4.
3. Heat a little olive oil in a frying pan and saute the leek for 2-3 minutes until just soft.
4. Spread the pesto over the base of the tart case. Scatter over the crab meat and leeks. Whisk together the eggs and crème fraîche and season with salt and pepper. Put the tart tin on a baking sheet and pour in the egg mixture. Place the tart to the oven for 30 mins or until just set.

Nutritional analysis per serving

Calories 458kcal, fat 31.7g, saturates 13.2g, carbohydrates 24.6g, sugars 2.4g, fibre 2.8g, protein 17.2g, salt 1g