**Leek, Cavolo Nero and Sweet Potato Tart**

* Prep time - 30 minutes
* Cook time - 25 minutes
* Total time - Approx. 1 hour
* Servings – 6 - 8 servings

**Ingredients**

2 large leeks

2 medium sweet potatoes

150g cavolo nero (around four stalks)

3 cloves garlic

1 sheet shortcrust pastry (homemade or shop bought, no judgement here!)

Pea shoots to garnish

*Spices*

1 tsp cumin

1tsp sage

½ tsp ground coriander

½ tsp fennels seeds

Large pinch salt & pepper

**Method**

Preheat the oven to 180ºC

Chop the sweet potato into roughly 4cm cubes, drizzle in olive oil then roast at 180°C for 20 minutes

While the sweet potato is baking, finely chop the leek (as you would an onion) and gently fry in a drizzle of olive oil

Once the leeks have softened add 3 minced cloves or garlic and fry for a further 1 minute

Add the sage, cumin, coriander, fennel, salt and pepper to the pan

Chop the Cavolo Nero then add to the pan and gently heat for a further 5 minutes

If using ready rolled pastry, add to a large tart dish with a removable base and prod the base with a fork 3-4 times to prevent the dreaded soggy bottom

Place a sheet of baking parchment with baking beads (or dry rice will do) on top of the tart then pop the tart in the oven for a blind bake for 15 minutes

Take out of the oven, remove the baking beads and parchment and add the leek, sweet potato and Cavolo Nero into the tart case then bake for a further 5 minutes

Take out of the oven and garnish with fresh pea shoots. I also topped the tart with harissa, however this is completely optional

Enjoy