**Caramelised Leek Tart with Walnut Pastry, Spinach and crumbled Perl Las**

*Developed by* [*The Tidy Kitchen Co*](https://thetidykitchencompany.com/) *in collaboration with Welsh food blogger* [*HungryCityHippy*](http://www.hungrycityhippy.co.uk/)*.*

Approx prep time: 30 mins

Cooking time: 30 – 35 minutes

**Ingredients:**

**Tart case:**

200g plain flour

45g walnuts, finely chopped (a food processor would be best)

25g grated parmesan

½ tsp salt

50g cold unsalted butter

1 medium free-range egg, beaten

1 tsp fresh oregano

**Method:**

* Add flour, walnuts and parmesan to a large bowl
* Sprinkle in the fresh oregano and ½ tsp salt. Mix well.
* Make a well in the middle of the mixture; add the beaten egg and quickly stir to combine.
* Add 1 tbsp water, and mix to form a soft, pliable dough
* Bring together and knead lightly on a clean work-surface
* Roll into a ball and press into a flat 1-inch thick disk. Wrap in cling film and chill in the fridge for 30mins.

**Filling**:

1 tsp butter

1 tsp vegetable oil

2 leeks, trimmed and finely chopped

2 cloves of garlic

5 free range eggs

100ml double cream

200ml milk

Freshly cracked black pepper

100g Perl Las cheese

½ tsp salt

**Method:**

* Whilst pastry is chilling, get started on the filling. Heat a frying pan on medium heat, then add the butter and oil.
* Add finely chopped leeks and sweat on low heat for 20 mins.
* Once soft and slightly caramelised, add crushed garlic and continue cooking for two mins, then set to one side to cool.
* In a large bowl, beat 5 eggs and add milk, cream, salt and pepper, and mix.
* Remove pastry disk from fridge and sprinkle a small amount of flour on a clean work surface.
* Roll out pastry into a large circle, big enough to cover tart case and to come up the sides.
* Place gently into case and press down to ensure it reaches the bottom, then line with backing parchments and weigh down with baking beans.
* Chill for 15 minutes.

**Assembly:**

* When chilled, remove the tart case from fridge and put into preheated oven for 15 minutes.
* After 15 mins, remove the baking beans and place back in the oven for a further 10 minutes until the bottom is baked - this prevents a soggy bottom.
* Remove pastry from the oven and pour the egg mixture into the warm tart case, then sprinkle in the sweated leeks.
* Crumble in in 100g of Perl Las cheese in small chunks – you can use more or less to taste.
* Return to the oven at 160c and bake for 30 minutes until golden brown and cooked through, there should be no wobble when ready.

Serving suggestion: serve warm or cold with a fresh green salad and Pembrokeshire Early new potatoes.