

RFSS Recipes 2026

Our Healthy Dish Recommendations

Miss Bracken's Roasted Vegetable Tart

Ingredients:

- 7 sheets filo from a pack
- 100g Greek feta cheese
- 6 tbsp Greek style fat free natural yogurt
- Zest of 1 lemon
- 90 g smokey tomato paste
- 2 packs of Chunky Mediterranean Style Vegetables,
- 1 tbsp vegetable oil
- ½ pack Fresh Packed Mint, finely chopped

Method:

- Pre-heat the oven to 180c. Season the Mediterranean vegetables and spread out on a tray, and toss in the oil, then roast for 15 minutes. Then leave to cool.
- Meanwhile, place the feta, yoghurt and lemon zest in a food processor and blitz together until relatively smooth and spreadable (if you don't have a food processor just mash together with a fork). Set aside.
- Once the vegetables are cooled, unfold all the filo sheets and cut them all in half. Using 3 pieces of filo for each parcel, make out a star shape, and brush the pastry lightly with some of the excess oil from the veg
- Spread ¼ of the whipped feta over the middle of the layered pastry in a roughly 5-inch circle. Add ¼ of the smoky tomato paste on top and spread out, then pile on ¼ of the roasted vegetables. Then gather up the edges simply scrunching up, the filo slightly to make a border to hold the filling in, Repeat until you have 4 tartlets. Bake for 15-20 minutes.

