

# TUNA AND LEEK TART

Makes 12-14 tarts

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## Ingredients

### Filling\*

- ½ cup chopped capsicum
- ½ cup chopped broccoli
- ½ cup chopped cherry tomatoes
- 1 carrot, chopped
- 150g leek, sliced thinly
- 1 can tuna in spring water, drained
- 2 cloves garlic
- 3 eggs, beaten
- ½ cup low fat milk
- 15ml soy sauce, light
- 5 ml soy sauce, dark
- 10ml light soy sauce into batter
- 15ml olive oil
- Pepper
- ½ cup grated low fat cheese

\* you may vary the vegetables

### Crust

Springroll pastry  
(1 packet of 40 small squares)

## Equipment

- Muffin tray
- Frying pan
- Wooden spoon
- Oven
- Measuring cups

## Method

1. Preheat oven to 220°C.
2. Line greased muffin tray with 2 spring roll skins crisscrossed per hole, folding in the edges.
3. Heat 15ml of oil, add in the leek, garlic and fry till lightly brown. Then, add carrots, capsicum, broccoli, soy sauce and a dash of pepper. Add tomatoes and stir fry for just 1 to 2 minutes.
4. Line the pastry with a layer of tuna, then the stir fry the vegetables.
5. Prepare the batter by adding ½ cup of milk and 10ml soy sauce to the 3 beaten eggs.
6. Fill the pastry with batter, give the filling a slight stir to ensure there are no air pockets and that the batter sits at the bottom. Top with some cheese.
7. Bake the tarts for about 15 to 20minutes till light golden brown and the batter sets.

## Nutrient Analysis (1 tart will give:)

Energy	93 kcal
Protein	6.8 g
Fat	3.6 g
Saturated Fat	0.7 g
Cholesterol	49 mg
Carbohydrate	8 g
*Carbohydrate exchange	0.5 exchange
Sodium	205 mg