

CHEESE & ASPARAGUS GALETTE

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COOK TIME: 40mins

SERVES: 4

CALORIES: 452 kcal (PER SERVING)

INGREDIENTS

1 sheet puff pastry
200 g/7 oz green asparagus
1 garlic clove, minced
2 tbsp unsalted butter
350 g/12 oz buffalo mozzarella, sliced or torn
into thin strips (or grated mozzarella)
2 tbsp grated Parmesan
3 eggs
1/2 tsp red pepper flakes
1 tbsp Everything But the Bagel seasoning,
see recipe notes
salt + black pepper
1 egg beaten with 1 tsp milk

DIRECTIONS

Lay the sliced mozzarella balls on paper towels to drain.

Preheat the oven to 200°C (400°F).

Snap off any woody exterior from the bottom of the asparagus. Cut the asparagus in half lengthways then cut into two pieces. Heat butter in a skillet over medium-low heat. Add asparagus, cook for about 6 minutes, stirring from time to time. Add garlic, salt and pepper. Cook for 2 minutes more. Remove from heat.

Prepare the puff pastry on a baking sheet lined with parchment paper. Prick the bottom with a fork, spread the cheese in the center of the dough leaving a 4 cm border. Add the asparagus. Gently, loosely lay the pastry down over the filling, repeat all around. Make three small wells where you drop the eggs. Brush the dough with the beaten egg and sprinkle with Everything Bagel seasoning. Season with salt and black pepper. Sprinkle with parmesan and red pepper flakes.

Bake for 30-35 minutes or until golden. If you like your eggs runny, add them 8-10 minutes before the tart is ready, or until the egg whites are set. Serve!

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