Dinner

Spiced tomato tarts with yogurt topping

Crisp golden tarts layered with juicy tomato slices and a warming harissa drizzle, finished with cool yogurt, parsley and rocket.



Vegetarian

35 min	260	48.1 g	10.4 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 180 g 0% fat natural Greek yogurt, plus 4tbsp to serve
- [ ] 180 g self-raising flour, plus 2tsp for dusting
- [ ] 1/2 small red onion, thinly sliced
- [ ] 4 tomatoes, thickly sliced
- [ ] 4 tsp harissa paste
- [ ] 2 tsp red wine vinegar
- [ ] 1 tsp olive oil
- [ ] 1 tbsp chopped fresh flat-leaf parsley
- [ ] Rocket, to serve

Nutrition Facts

Per serving

Calories	**260**
Total fat	2.5 g
Saturated fat	0.4 g
Sodium	Not listed
Total carbs	48.1 g
Fiber	2.8 g
Total sugars	10.4 g
Protein	14.4 g

Method

- [ ] **1** Heat the oven to 200°C, fan 180°C, gas mark 6, and line 2 baking trays with baking paper.
- [ ] **2** Combine 180g of the 0% fat natural Greek yogurt with the self-raising flour in a mixing bowl, season generously and mix until a soft dough comes together.
- [ ] **3** Dust the work surface with the 2tsp of self-raising flour, divide the dough into 4 pieces and roll each one into a 15cm circle, then move them to the prepared trays. Scatter the thinly sliced red onion over the circles and cover with the thickly sliced tomatoes.
- [ ] **4** Whisk the harissa paste, red wine vinegar and olive oil in a small jug with plenty of seasoning, then drizzle or brush the mixture over the tomato slices and bake for 20 minutes until the dough is crisp and golden.
- [ ] **5** Spoon the remaining 4tbsp of 0% fat natural Greek yogurt over the warm tarts, scatter over the chopped fresh flat-leaf parsley and serve with the rocket alongside.

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