

# Apple carrot tart

Savoury

level 

 10

 75 min



## Ingredients

### Dough

125 g flour  
1 egg  
60 g butter  
1 pinch of salt

### Filling

300 g grated carrots  
300 g grated apples  
1 table- spoon freshly chopped herbs (e.g. chervil, leaf parsley or dill)  
juice from 1 lemon

### Egg custard

1 bottle Fresubin Energy DRINK Neutral (500 ml)  
5 eggs (250 g)  
50 g ground hazelnuts (for garnishing)  
salt, pepper, nutmeg

## Nutritional information per serving:

Energy ..... 266 kcal  
Protein ..... 10.0 g  
Fat ..... 15.0 g  
Carbohydrate ... 23.0 g  
Fibre ..... 0.0 g



## Alternative products:

Fresubin® 2 kcal DRINK

## Preparation

Prepare the puff pastry from flour, egg, butter and salt. Wrap in transparent film and leave to stand for one hour in the fridge. Mix the ingredients for the filling thoroughly and allow to stand covered in the fridge for some time. Roll out the dough, place in a tart pan (28 cm) or a rectangular casserole and leave a rim all around. Squeeze the mixed carrots/apples carefully and distribute evenly over the dough.

Shake the bottle with Fresubin Energy DRINK and mix with the eggs and herbs. Pour the egg custard over the mixed carrots and apples and sprinkle with 50 g of ground hazelnuts. Place on middle oven shelf and bake for approx. 45 minutes at 200 °C. Allow to cool and remove from the dish.

Sprinkle with chopped herbs as garnish. The tart can be eaten both hot or cold. The rectangular casserole is better suited for fingerfood as portioning of the cold tart is easier. If desired, the tart can be reheated without problems in the microwave oven, which allows baking in advance.