

Gluten-Free 'Any-Thyme' Egg Tart



Preparation time: 10 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Quick & Easy, Dinner Recipes, Breakfast Recipes, Lunch Recipes, Entertaining, Vegetarian, Meals for One

Want an easy meal that can lift your spirits at any time of day? You need 'Any-Thyme' Egg Tarts in your life ASAP!

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[Try watching this video on www.youtube.com](https://www.youtube.com), or enable JavaScript if it is disabled in your browser.

We love this recipe because it's so versatile. Created by expert family recipe developer and MasterChef alum, Hoda Hannaway, these egg tarts are gluten-free, vegetarian and topped with delicious and nutritious baked eggs. Once cooked to perfection, that Vitamin D-filled yolk shines bright on the plate ready to be devoured. The perfect meal to start the day, enjoy as a lunchtime snack, or dinner entrée!



Ingredients

- 2 sheets puff pastry (gluten-free)
- 2 Tbsp extra virgin olive oil
- ½ cup red capsicum, diced
- ½ cup corn kernels
- 1 small brown onion, finely diced
- 2 tsp dried or fresh thyme
- 1 tsp sumac
- 1 Tbsp pomegranate molasses
- Salt, to taste
- 1 cup tasty cheese, grated
- 4 large eggs
- 8 vine tomatoes, oven roasted
- 1 small bunch chives, finely chopped

Method

1. Adjust oven rack to middle position and preheat to 200°C. Grease 4 individual tart tins. Cut out puff pastry and press into tins, ensuring sides are covered too.
2. Place a small sheet of baking paper over each tart case and fill with baking weights or rice. Blind bake the tart shells for approximately 10

minutes or until golden brown. Remove from the oven and set aside.

3. Meanwhile, to prepare the filling, heat olive oil in a medium fry pan over medium heat. Add capsicum, corn, onions, thyme, sumac and salt. Sauté for a few minutes. Add pomegranate molasses and sauté until the filling is slightly caramelised. Set aside to cool.
4. Sprinkle cheese onto the base of pastry shells and add a tablespoonful or so of the filling. Crack an egg into a small bowl and gently slide it into a puff pastry shell. Repeat with remaining eggs and shells.
5. Bake until the egg white is just set and the yolk is almost set, approximately 8 to 10 minutes. Garnish with oven-roasted vine tomatoes and a sprinkling of thyme and chives. Serve immediately.

Notes

Optional: *Serve over flavoured mint yoghurt or tzatziki.*