



Brussels sprouts tart

NIBBLEDISH CONTRIBUTOR

Ingredients

For dough:

- 20 grams of yeast
- 1/2 cup of milk
- pinch of sugar
- 250 grams of whole wheat flour
- 2 table spoons of olive oil
- pinch of salt

Topping:

- 300 grams of Brussels sprouts
- 1 onion, cubbed
- 1/2 of leek, sliced
- 1 spoon of oil
- 150 grams of cottage cheese
- 5 table spoons of cream
- 2 eggs, scrambled
- 2 table spoons of basil leaves, sliced
- dash of balck pepper

Instructions

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1. Mix milk, yeast and sugar to make leaven. Put it in warm place and wait till it doubles its volume.
 2. Sift the flour, mix with olive oil, add leaven and mix it well. Knead smooth and uniform dough. Put it in warm place and wait 45 min till it rises.
 3. Steam Brussels sprouts about 5 min, cut in halves.
 4. Heat oil, fry onions and leek about 5 min.
 5. In separate dish, mix the remaining topping ingredients.
 6. Roll out the dough and place it in round baking tray.
 7. Put fried onion and leeks, sprinkle with steamed Brussels sprouts and pour over with cheese & egg sauce.
 8. Bake in preheated oven, in 200 C degrees, about 30 min till golden.