

# BEETROOT AND GOAT'S CHEESE SPELT TART

SERVES 4-6

PREP 20 MIN | COOK 50MINS

## Ingredients

- 800g bunch mixed baby heirloom beetroot, trimmed, peeled and quartered
- 1 tbsp extra virgin olive oil
- 10 sprigs thyme
- 4 cloves garlic
- 1 red onion, thinly sliced
- 2 tbsp pomegranate molasses
- 1 tsp sea salt flakes
- cracked pepper
- 80g goats cheese, crumbled

### WHOLEMEAL HOT WATER PASTRY

- 1/4 cup (50g) coconut oil
- 1/3 cup (800ml) water
- 1½ cups (210g) wholemeal (whole-wheat) spelt flour
- 1/2tsp sea salt flakes
- 2tsp chopped thyme

## Method

1. Preheat oven to 200°C. Place the beetroot, oil, thyme, garlic, onion, pomegranate molasses, salt and pepper in a deep-sided baking dish and toss to combine.
2. Cover with aluminium foil and cook for 30 minutes or until tender. Remove from oven and set aside to cool slightly.
3. Squeeze the garlic cloves out of their skins into a small bowl and mash with a fork. Add to the beetroot and toss to combine.
4. To make the wholemeal hot water pastry, place the oil and water in a medium saucepan over high heat and bring to the boil. Remove from heat, add the flour, salt and thyme and stir well to combine.
5. Turn out the dough on a clean work surface and knead until smooth. Roll out between 2 sheets of non-stick baking paper to a 32cm x 24cm rectangle and place on a large oven tray.
6. Place the beetroot mixture in the centre of the pastry, reserving the cooking juices and leaving a 2cm border. Top with the goat's cheese and fold over the edges of the pastry to enclose.
7. Cook in the oven for 25 minutes or until crisp and golden. Pour over reserved cooking juices to serve.



Recipe Credit: [Donnahay.com.au](http://Donnahay.com.au)

