

ASPARAGUS AND VEGE TART

2 cups cauliflower, chopped to the size of a pea
350 grams kumara, peeled
2 spring onions, finely chopped
1 cup grated mozzarella cheese
¼ cup chopped flat-leaf parsley
2 eggs, beaten
2 cloves crushed garlic
sea salt and freshly ground pepper
2 teaspoons coconut oil
2 bunches of asparagus
Parmesan



Preheat the oven to 180°C.

Bring a saucepan of water to the boil, add 1/3 teaspoon salt, then cauliflower. When it returns to the boil, cook for 1 minute. Strain well through a sieve to make sure all the moisture is out.

Grate the kumara. Place all the ingredients in a large bowl and season generously. Toss together until everything is combined with the egg.

Place on a lined baking tray and with your hands, form into a 30 x 25cm rectangle.

Bake for 30 minutes until firm and golden.

Just before the base is ready, snap the ends off the asparagus (they break naturally at the tender point), heat coconut oil in a saute pan and cook the asparagus for about 5 minutes, adding ¼ teaspoon of salt and a dash of water and cover the pan. The asparagus should still be slightly crunchy.

Place the asparagus on the base and sprinkle over freshly grated Parmesan cheese.

Enjoy!