



## BigFish Recipe™

### Salmon Tart with Rocket and Crème Fraîche

This is a lovely easy tart, a perfect supper dish, maybe to entertain a certain special someone with something light and delicious?

**Preparation time:** 15 minutes  
**Cooking time:** 30 minutes  
**Serves:** 4-6

#### Ingredients

250g hot-smoked salmon, flaked

OR

2 BigFish™ plain or organic salmon portions (or can use Sea Trout), cooked, skin removed and flaked

3 tbsp freshly grated Parmesan

50g fresh rocket, washed and roughly chopped

3 large free-range eggs

Zest of 1 lemon

200ml crème fraîche

1 sheet ready-made shortcrust pastry

1. Preheat the oven to 190°C / 375°F / Gas 5.
2. Lay the pastry sheet in a tart tin, you can trim the edges if you like, we went for a more rustic look. Prick the pastry all over.
3. Fill the pastry-lined tart tin with foil and baking beans and bake blind for 15 minutes. Remove the foil and cook for a further 5 minutes until just cooked.
4. Remove from the oven, sprinkle Parmesan over the base while still hot, then leave to cool for 10 minutes.
5. In a bowl, stir together the eggs, lemon zest and crème fraîche, seasoning with salt and pepper, and add the rocket and flaked salmon. Then pour slowly into the tart.
6. Bake for 30–40 minutes until set and tinged with golden brown. Can be enjoyed warm with steamed veggies or cold with salad.