



## Pap & Roasted Vegetable Tart

### Ingredients

- 500 g Vegetables, mixed, frozen, cooked, boiled, drained, with salt
- 15 g Oil, Olive, Salad Or Cooking
- 15 g MAGGI Lazenby Worcester Sauce
- 5 g Salt, Table
- 0.25 tsp Spices, Pepper, Black
- 410 g Tomato And Onion Mix, Diced
- 250 mg Water, Tap, Drinking
- 290 g Nestle Dessert & Cooking Cream
- 150 g Maize/Mielie Meal
- 175 g Cheese product, pasteurized process, cheddar, reduced fat

### Instruction

1. Preheat the oven to 180°C. Toss the vegetables, oil, Worcestershire sauce and salt and pepper together. Spread the vegetables into an even layer in a roasting pan and roast the vegetables 25-30 minutes, or until tender. Stir in the tomato and onion mix and set aside.
2. Place the water, cream and maize meal in a pan and mix well. Turn on the heat and bring to the boil in a pan. Cover and simmer for 15- 20 minutes. Remove from the heat and season well with salt and pepper and stir in 125g of grated cheese.
3. Spread half of the pap mixture into a greased ovenproof dish. Spoon on the roasted vegetable mixture. Spread the remaining pap over the top and scatter the remaining 50g cheese on top. Bake for 10-15 minutes.

### Nutrition

Carbohydrates	89.65 g
Energy	507.97 kcal
Fats	19.13 g
Protein	16.79 g

🕒 60 Minutes

⊕ 6 Portions