

Tuna tart with butternut squash, spinach and hazelnuts



4 à 6 people

10 min preparation time

45 min cooking time

All ingredients

- 1 tin of 80 g** la belle-iloise flaked Tuna with olive oil
- 1 tin of 139 g** la belle-iloise Albacore (Germon) Tuna "au naturel"
- 1** shortcrust pastry
- Half** a butternut squash
- 100 g** fresh spinach
- A few hazelnuts
- 1 tablespoon** olive oil for cooking

Steps

- 1- Cut up the vegetables and pre-cook them in a saucepan for about 10-15 minutes in the olive oil
- 2- Preheat the oven to 180°C
- 3- Make the Béchamel sauce: melt the butter in a saucepan, add the flour and mix gently. Add the milk gradually and the bechamel. Add the salt and nutmeg
- 4- Line a mould with the shortcrust pastry (a tart ring for 4 to 6 people)
- 5- Add the garnish in stages: spread the pre-cooked vegetables, add a tin of tuna flakes in olive oil, pour over the béchamel sauce, add small pieces of albacore tuna au naturel, and finally sprinkle with the roasted hazelnuts
- 6- Bake the tart for 30 minutes at 180°C