



SPRING VEGETABLE & FRESH HERB TARTLETS WITH SARDINES

Recipe created for Crown Prince by Chef Jan Tang, Orange Blossoms Catering

Ingredients:

- 1 can **Crown Prince Natural Mediterranean Sardines**, drained
- 4 ounces mascarpone* cheese
- 1 tablespoon whole grain mustard
- 1 tablespoon chopped fresh tarragon
- Salt and black pepper to taste
- 4 sheets phyllo dough, thawed
- ¼ cup olive oil
- 6 stalks asparagus, trimmed and roasted
- 1 small Italian zucchini, thinly sliced lengthwise and roasted
- ½ red bell pepper, roasted
- 2 tablespoons finely chopped fresh flat leaf parsley
- 1 teaspoon finely chopped fresh thyme



Directions:

In a small mixing bowl, combine mascarpone cheese, mustard, tarragon, salt and pepper. Cover and set aside. Preheat oven to 400°F.

Make sure phyllo dough is thoroughly thawed before using. Place one sheet of phyllo dough onto your work surface and brush completely with olive oil. Layer with another sheet of phyllo dough, brush with olive oil and continue with these steps until you have prepared 4 sheets on top of each other. Wrap up any remaining dough and freeze for future use. Cut the prepared phyllo dough evenly into 6 pieces. Place each square of phyllo dough into mini tartlet molds or drape over the underside of a medium muffin tin to create a cup. Place on a rimmed baking sheet and bake for 10-15 minutes, or until phyllo dough is golden brown. Remove from oven and allow to cool.

Place prepared vegetables on a rimmed baking sheet and season with salt and pepper. Bake for 10-15 minutes, or until crisp yet tender. Remove from oven and allow to cool. Once cool, cut them into small enough pieces to fit into phyllo shells.

Divide mascarpone mixture evenly among the six tartlet shells. Spread the mixture evenly onto bottom of shells being careful not to break the shells. Arrange vegetables and a piece of sardine on top of the mascarpone mixture. Place tarts back into the oven for 10 minutes, or until heated through. Remove from oven and top with parsley and thyme mixture. Serve warm or at room temperature. Serves 6.

*Cream cheese may be substituted for mascarpone cheese.