

Mushroom, Asparagus and Goat Cheese Tart



A flaky pastry crust is filled with seasoned eggs, fresh asparagus, creamy goat cheese and a roasted medley of mushrooms. The use of pre-made puff pastry makes this tart easy to put together for a weekend lunch or quick appetizer.

Prep Time: 10 mins. | Cook Time: 30 mins. | Serves: 4-8

Ingredients

- 1 tbsp (15 mL) olive oil
- 1 lb (500 g) fresh mixed mushrooms (crimini, shiitake, oyster)
- 1 450 g package frozen puff pastry, thawed overnight in refrigerator
- 2 large eggs
- ½ tbsp (7 mL) Italian herbs
- Salt and pepper, to taste
- 2-3 oz (50-80 g) softened goat cheese
- 2 tbsp (30 mL) milk
- 15 asparagus spears, ends trimmed
- 1 oz (30 mL) goat cheese, crumbled (for topping)

Directions

1. In a large pan add olive oil. Cook mushrooms over medium-high heat for 5-8 minutes, or until moisture has been released.
2. Preheat oven to 350°F/175°C.
3. On a lightly floured surface, roll out both pastry sheets. Transfer to parchment-lined baking sheet. Fold over edges all around pastry sheet to make a raised crust.
4. In a small bowl whisk together eggs, Italian herbs, salt, pepper, softened goat cheese and milk. Divide mixture between both pastry crusts.

5. Place asparagus spears across the top of egg mixture. Spoon cooked mushrooms over asparagus. Crumble remaining goat cheese evenly over entire tart. If desired, brush the crust with egg wash*.
6. Bake tart for 20-25 minutes or until eggs are set, asparagus is tender, and crust is golden.
7. Serve warm or cooled.

*Tip: Brushing the crust with an egg wash will produce a nicely browned crust with a slightly glossy finish. To make egg wash simply whisk together 1 (one) large egg and 1 tbsp (15 mL) of water until frothy. Use a pastry brush to apply egg wash to crust.

Link to online recipe - <https://www.mushrooms.ca/portfolio/mushroom-asparagus-and-goat-cheese-tart/>

Mushroom Facts

1. **They are grown year-round!** Did you know that nearly every fresh mushroom you see in your grocery store is grown by a Canadian farmer near you? Canadian mushrooms are grown year-round and are handpicked with pride from our farms to your plate.
2. **They are good for you!** Mushrooms are nutrient-dense powerhouse of vitamins, minerals and antioxidants that can play a positive role in supporting a healthy immune system. From vitamins D, B2 and B3 to minerals copper, selenium and zinc, mushrooms feed your immune system and offer up vital nutrients that keep you healthy.
3. **They are gentle on the planet!** Mushrooms are great recyclers growing on beds of composted agricultural bi-products, meaning less waste. After mushrooms are harvested the compost is recycled into potting soil.

What does it take to grow 150,000 tonnes of fresh Canadian mushrooms each year? [Watch our video to find out.](#)



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