

# Quick strawberry tarts



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**Preparation:** about 20 minutes  
**Cooking:** about 12 minutes  
**Serves:** 12

12 frozen sweet shortcrust pastry tart cases  
1/3 cup thick reduced fat custard  
150g tub French vanilla frûche  
250g small strawberries, hulled and halved lengthways  
1/3 cup apricot conserve

1. Preheat oven to 180°C/160°C fan forced. Place frozen tart cases onto a baking tray lined with baking paper. Bake for 10-12 minutes until pastry is light golden. Set aside to completely cool.
2. Combine custard and frûche in a bowl. Evenly spoon mixture into cooled tart cases. Arrange strawberries on top.
3. Place apricot conserve in a small heatproof bowl. Microwave on high for 10-15 seconds until warm. Brush apricot conserve over strawberries and serve.



### Strawberries

- A great source of vitamin C. This is one of the vitamins that helps us picking up infections.
- The very tiny seeds in strawberries are a good source of fibre. Dietary fibre helps prevent constipation.
- Deep red coloured strawberries taste sweet and they also have more of some compounds that are good for our eyes.

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