

# Sebzeli Tart

Learn to make authentic Turkish sebzeli tart with phyllo pastry, spinach, carrots, and herbs. This Mediterranean vegetable tart recipe is perfect as a main dish or side.

15 min

HAZIRLIK

30 min

PIRME

45 min

TOPLAM

4

PORSIYON

Medium

ZORLUK

Sebzeli Tart

## Malzemeler

- 4 thin sheet of dough
- 1.7 lb spinach
- 4 carrot
- 0.6 lb turkish pastrami
- 1.6 oz butter
- 1 egg yolk
- 1 tsp salt
- 1 tsp sesame
- 1 tsp nigella seed

## Yapılışı

- Preheat oven to 375°F (190°C).
- Prepare the vegetables**

Bring a large pot of salted water to boil and blanch the spinach for 2 minutes until wilted. Drain thoroughly and squeeze out excess water with your hands, then roughly chop and set aside.
- Grate the carrots using the large holes of a box grater. Heat 1 teaspoon oil in a large skillet over medium heat and sauté the carrots for 5-6 minutes until softened and lightly golden.
- Heat another 1 teaspoon oil in the same skillet and sauté the chopped spinach for 3-4 minutes, stirring frequently, until all moisture has evaporated. Season both vegetables with salt and pepper, then set aside to cool.
- Assemble the tart**

Lay the first phyllo sheet in a greased 9x13 inch baking dish, allowing edges to hang over the sides. Brush the entire surface with the remaining 1 teaspoon oil using a pastry brush.
- Place the second phyllo sheet on top and brush with oil. Spread the sautéed spinach evenly over the phyllo, leaving a 1-inch border around the edges.
- Add the third phyllo sheet, brush with oil, then distribute the sautéed carrots evenly over the surface. Top with the fourth and final phyllo sheet.

## 8 **Finish and bake**

Fold the overhanging phyllo edges over the filling to create a border, crimping gently to seal. Brush the entire top surface with the beaten egg.

9 Sprinkle the nigella seeds and sesame seeds evenly over the egg-brushed surface. Bake for 35-40 minutes until the phyllo is golden brown and crispy.

10 Remove from oven and let cool for 10 minutes before cutting into squares and serving.

## ?puçlar?

Always thaw phyllo pastry completely in the refrigerator before using, and keep unused sheets covered with a damp towel to prevent cracking and drying out.

Pre-cook vegetables until just tender to remove excess moisture and prevent the pastry from becoming soggy during baking.

Brush each phyllo layer generously with oil or melted butter using a pastry brush to ensure crispy, flaky results.

Don't skip the egg wash on top - it creates a beautiful golden color and helps seal the pastry layers together.

Let the tart cool for at least 10 minutes after baking to allow the filling to set, making it much easier to slice cleanly.

Use a sharp knife to score the top layer before baking if you want clean, defined portions.

Season the vegetable filling well with salt, pepper, and herbs as phyllo pastry is quite neutral in flavor.

Store leftover tart covered in the refrigerator and reheat in the oven rather than microwave to maintain crispiness.