



COUSCOUS AND APPLE TARTLETS WITH NUTELLA®

Tarts | Vegetarian | Lunch | Dinner | All year round | Banqueting



Serves: approx. 10 portions

Portion: 1 piece

Pastry:

- 75 g butter
- 53 g flour
- 53 g semolina
- 2 g salt
- 1 egg

Couscous:

- 32 g couscous
- 64 g water
- 4 g olive oil

- Pinch of salt
- 150 g Nutella®
- 1 apple

Pastry:

In a food mixer, mix the room temperature diced butter together with the flours and the salt.

Finally add the egg and complete the mixture.

Once this is done, cover with cling film and leave to rest in the fridge for approx. 2 hours.

Roll out the mixture to a thickness of approximately 2 mm and then cut it into tartlets measuring 9 cm in length and 5 cm in width, weighing roughly 18 g.

Cook in the special moulds at a temperature of 190°C for approx. 13 minutes.

Couscous:

In a large container, season the couscous with salt and oil.

Add the hot water, cover with cling film, wait a few minutes and then break up the couscous.

Add the diced apple to the couscous.

Spread 15 g of Nutella® inside the tartlet.

Use a slice of apple to divide the tartlet in half diagonally, as shown in the picture.

On one half, cover the Nutella® with the couscous and diced apple mixture and serve with a few more slices of apple for decoration.
