

Banana Custard Tarts



Preparation time: 50 mins

Serves: 8 people

User Rating: ★★★★★

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Categories: Quick & Easy, Lunchboxes & Snacks, Desserts, Entertaining, Vegetarian



Ingredients

- 1 banana
- Juice of ½ orange
- 2 cups light milk
- 1 vanilla pod
- 1 tbsp corn flour
- 4 egg yolks, plus an extra egg to use as egg wash
- ¼ nutmeg, grated
- ¼ cup all natural sweetener (we used a stevia & monk fruit blend)
- 8 sheets filo pastry
- Extra virgin olive oil in spray pump bottle (or use a basting brush – you'll need about 1 tsp per tart)

Method

1. Preheat the oven to 180°C.
2. Slice the banana into a small bowl and cover with the orange juice. Set aside.
3. Pour the milk into a small saucepan. Slice open the vanilla pod and scrape the seeds into the milk, then add the pod as well to infuse. Place over a moderate heat to warm, but not boil the milk.
4. Mix the corn flour with a little cold milk to form a paste. Pour a little of the warm milk in and combine before pouring the corn flour mixture into the pan of warm milk. Add the egg yolks and the nutmeg. Whisk to combine and warm the custard, whisking occasionally until thickened. Add the sweetener and stir to combine. Set aside.
5. Brush a non-stick (but not silicon – they tend to make your tarts soggy) muffin tray with extra virgin olive oil. Take a sheet of filo and spray with extra virgin olive, then fold over three times to form roughly a square, spraying a little more oil between each layer. Gently press the filo square into a muffin hole, scrunching the top sides a little to form a tart case. Repeat with the remain filo sheets.
6. Place one slice of banana in the bottom of each tart and then pour over the custard. Finish with another slice of banana on the top. Grate over a little extra nutmeg and brush the visible pastry with egg wash.
7. Bake in the oven for 30 minutes or until the pastry is golden brown and the custard is set. (Don't worry if it is a little wobbly – it firms up as the tarts cool.) Gently prise out of the muffin case and place onto a wire rack to cool.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Sodium	Fibre	Vitamin D
107g	605kj 145kcal	4.8g	7g	1.8g	125mg	1g	1.4µg

All nutrition values are per serve.