



Mango & coconut custard tart

A fresh, sunny spin on custard tart. Enjoy with ice cream or with a squirt of canned whipped cream.

Vegetarian

Serves	Course	Prepare	Cook	Total time
8	Dessert	20 mins	1 hr 30 mins	1 hr 50 mins

Ingredients

Plain flour, for dusting

320g pack ready-rolled shortcrust pastry

2 tbsp desiccated coconut, plus extra to serve

Mango filling

2 No.1 Speciality Mangoes

¼ tsp salt

300ml double cream

160ml can coconut cream

1 vanilla pod, seeds scraped

5 medium free range eggs, 3 whole, 2 yolks

50g caster sugar

Method

1 Preheat the oven to 190°C, gas mark 5. Lightly flour a work surface and unroll the pastry on it, then sprinkle over the coconut. Use a rolling pin to roll the pastry out so that the coconut sticks to it and it is 0.2-0.3cm thick. Use to line a 22cm fluted tart tin, leaving a 1cm overhang, and prick the base all over with a fork. Line with baking parchment, fill with baking beans and bake for 10 minutes. Remove the parchment and beans, then return the tart to the oven for another 10 minutes. Reduce the oven temperature to 140°C, gas mark 2.

2 Meanwhile, chop the mangoes. Put $\frac{3}{4}$ in a blender with the salt; whizz until smooth, then set aside. In a pan, mix the cream, coconut cream and vanilla until smooth, then cook over a medium-high heat until bubbles start to appear; take off the heat.

- 3** Whisk the eggs, yolks and sugar in a bowl with a balloon whisk. Continuing to whisk constantly, gradually add the warm coconut cream mix. Stir through the mango purée, then strain the mixture through a sieve into a jug. Put the pastry case (in the tin) on a baking tray, then pour in the mango custard mixture and bake for hour, or until the custard is set but still has a wobble in the middle.
- 4** Set aside to cool to room temperature, then trim away the excess pastry. Chill for at least 2 hours (up to 24 hours). Sprinkle with the extra coconut and serve at room temperature with the remaining mango.

Nutritional

Typical values per serving when made using specific products in recipe

Energy	2,201kJ/ 530kcal
Fat	41g
Saturated Fat	24.9g
Carbohydrates	31g
Sugars	14g
Fibre	1.9g
Protein	7.3g
Salt	0.4g