Parmesan flan with summer vegetables and toasted pine nuts



Informations

People : **4**
Preparation : **15**
Cooking time : **40**

Ingredients

- 150 g Parmesan Parmigiano Reggiano DOP
- 6 eggs
- 2 egg yolks
- 300 ml single cream
- 10 g corn starch
- 1 courgette
- 1 red pepper
- Pine nuts
- Olive oil
- Fine salt, freshly ground pepper

Preparation steps

1. Preheat the oven to 160°C.
2. Add the whole eggs and egg yolks to a mixing bowl.
3. Dilute the corn starch in a little water and whisk together with the eggs, cream and freshly grated Parmesan. Season with fine salt and freshly ground pepper.
4. Meanwhile, cut the courgette and pepper into small, even cubes. Fry them in olive oil over a high heat. Season with salt and freshly ground pepper. Leave to cool then add to the mixture.
5. Grease a tin with olive oil before pouring in the mixture.
6. Bake in a bain-marie in the oven for 45 minutes.
7. Leave to cool to room temperature and serve warm or cold, sprinkled with a few pine nuts and served alongside a tomato coulis.

? **Tip:** This dish can be served as a hot or cold starter, or as a side dish with white meats or fish.