

## Chilli chocolate macadamia tart

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Macadamias are one of the richest sources of heart-healthy monounsaturated fats and contain a low proportion of saturated fats, meaning this delicious chocolate tart isn't quite as wicked as it looks!

### Ingredients (serves 10)

#### Pastry

- 50 g unsalted [macadamias](#)
- 300 g plain gluten-free flour, sifted
- 1 tsp salt
- 1 tbsp [coconut sugar](#)
- 100 g cold, unsalted butter, cut into cubes
- 1 egg
- 2 tsp water

#### Filling

- 7 egg yolks
- 2 tbsp coconut sugar

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- 1 tsp chilli flakes
- 1 cup macadamias, roasted and chopped
- 150 ml coconut cream (refrigerated overnight)
- 200 g [dark chocolate](#), finely chopped

### Method

Pastry:

Preheat oven to 180°C, fan-forced.

In a food processor blend macadamias until finely chopped (be careful not to over blend) and set aside. Blend flour, salt, sugar and butter until they resemble breadcrumbs, add the macadamias. Lightly whisk egg yolks and water together and add to food processor with the motor running. As soon as the pastry starts to form a ball, stop blending. Shape into a disc, wrap in cling wrap and place in the fridge for an hour.

Roll out the pastry between two sheets of non-stick baking paper to 3mm thickness and line a 26cm (10 inch) removable-base tart tin and trim the edges. Place in the freezer for an hour.

Line with non-stick baking paper and fill with pastry weights or rice and bake for 10 minutes. Remove the weights and paper and place back into the oven for a further 10 minutes or until pastry is golden. Reduce oven to 150°C, fan-forced.

Filling:

Place egg yolks and sugar into a medium sized bowl and whisk until sugar is dissolved. Add macadamias and chilli flakes and stir to combine.

Heat the cream in a saucepan over medium heat and just bring to the boil. Remove from the heat and add the chocolate and stir until smooth. Pour over the egg mixture and fold through.

Pour into the tart shell and bake for 15 to 20 minutes or until just set. Allow to cool before slicing and serve with whipped coconut cream and mixed berries.

Recipe and images from [Australian Macadamias](#)

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