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HELLO OCTOBER



HAPPY OCTOBER



ITS LIBRA SEASOOOOOOOOOOON.

Its also the best month of the year. Its also our BIRTHDAY month. Happy birthday to us. We are so excited. We love this time of the year. We always try to get into a celebratory mood because there's just so much to be grateful for and celebrate. We are accepting gifts in the form of hugs, giant cups of ice coffees, chocolates and flowers... all month long.

We are excited for 30, and the beauty its going to bring. Please help us celebrate. This month, we are prioritizing ease, joy, self-care, peace, rest, softness, healing, our mental health, sleep and abundance... everything else, out the door please! We are also entering into the festive season soon. Christmas decorations will be going up in no time and we are so ready for all the holiday cheer and buzz.

Can't wait to spend quality time with friends and family. What a beautiful time to reset and refresh. We hope this is a refreshing time for you. May October exceed all your expectations. Speaking of things that will exceed your expectations, we have yet another incredible Rooibos recipe for you guys to try out. You're welcome.

FROZEN BERRY TART





TOMATO PIE WITH ROOIBOS HONEY & FETA

INGREDIENTS

1 roll puff pastry
2 Tbls olive oil
1 onion, finely chopped
1 Tbls garlic, minced
2 Tbls fresh oregano
Handful basil
2 tsp paprika
1 Tbls lemon + herb seasoning
Salt & pepper, to taste
4 eggs
3/4 cup cream
1/4 cup feta cheese, crumbled
1 cup heirloom tomatoes
3 Tbls rooibos honey
Crumbled feta, to serve
ROOIBOS HONEY:
2 pure LagerRooibos teabags
1/2 cup sugar
3/4 cup water

METHOD

1. To make rooibos honey, bring water, sugar and teabags to a boil in a saucepan, until all the sugar dissolves and liquid is reduced to half. Set aside to cool completely. Discard teabags before using syrup. Preheat oven to 190 degrees C.
2. Prepare and line a medium, round baking tin.
3. Roll out pastry onto a floured surface. Roll into the baking tin.
4. Dock the pastry with a fork and blind-bake for 5-7 minutes. In a medium pan, sauté onion and garlic in olive oil until translucent.
5. Stir in the oregano, paprika and lemon seasoning. Adjust seasoning. Stir for 1-2 mins and set aside.
6. Take pastry out of the oven (after blind-baking). Spoon in the onion filling onto rust. In a bowl, mix eggs and cream together. Mix in the feta. Pour the mixture over the onion mixture. Top with tomatoes. Sprinkle with basil. Drizzle with 1 Tbls of rooibos honey. Bake in the oven for 20-25 mins until egg custard is set.
7. To serve, drizzle with more honey, feta and basil leaves. Enjoy.

One more thing... do you have our cookbook? We have absolutely amazing festive recipes for you to try and one of these is this delicious FROZEN MIXED BERRY TART. Try it and thank us later.

Ok, Bye.
With love, The Twins xx



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October 2023