



Cooking Made Easy

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## Courgette and Sun-Dried Tomato Tart with Rocket Salad

Pastry might seem like it's the preserve of people who have way too much time on their hands but tonight we're making it easy\*! And here's some HelloFresh trivia for you ... during the drying process sun-dried tomatoes can lose up to 93% of their weight! At the same time the flavours become concentrated to give you that delicious hit of sweetness. \*Step aside Mary Berry!

 30 min

 veggie



Courgette



Sun-Dried Tomatoes



Vine Tomato



Cream Cheese



Hard Italian Cheese



Puff Pastry Sheet



Dried Oregano



Rocket

## Ingredients

	2P	4P
Courgette, sliced	1½ cups	3 cups
Sun-Dried Tomatoes, chopped	2 tbsp	4 tbsp
Vine Tomato, sliced	1	2
Cream Cheese <b>1</b>	4 tbsp	8 tbsp
Hard Italian Cheese, grated <b>1</b>	1½ tbsp	3 tbsp
Puff Pastry Sheet <b>1, 2, 3</b>	1	2
Dried Oregano	1 tsp	2 tsp
Rocket	1 handful	2 handfuls

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

## Allergens

1) Milk | 2) Gluten  
3) Eggs

**Nutrition per serving:** Calories: 501 kcal | Protein: 15 g | Carbs: 37 g | Fat: 34 g | Saturated Fat: 12 g



**2** Pre-heat the oven to 200 degrees. Slice the courgette into very thin discs (less than ½cm thick). Very finely chop the sun-dried tomatoes. Very, very finely slice the tomato.

salt and a few good grinds of black pepper. **Tip:** *For a more golden finish brush the 1cm pastry border with a little milk if you have some.*



**2** Heat a large non-stick pan on high heat. In a bowl mix the courgette slices gently with 2 tsp olive oil. Fry the courgettes for a minute on each side and remove to a plate. **Tip:** *Do not overcrowd the pan - space the courgettes out to brown them off.*

**6** Bake for 15-20 mins until the pastry has risen and is nice and golden.



**3** Mix the cream cheese with the sun-dried tomato and half of the grated hard Italian cheese. **Tip:** *To loosen up the cheese add a tbsp of milk if you have it (or 1 tbsp water if not).*

**7** Mix your rocket with 2 tsp of best quality olive oil and a pinch of salt and pepper.



**4** Unroll the pastry onto a lightly greased baking tray and trim the edges to form a rectangle. Using a kitchen knife mark a border around the tart, 1cm from the edge.

**8** Scatter the rocket and remaining parmesan over the cooked tart and serve it straight away. **Tip:** *We like serving one large tart to cut at the table but you can make mini ones of you like.*

**5** Spread the cream cheese mixture inside the border. Place the courgette and tomato slices on top of the tart and scatter over the oregano. Sprinkle on a pinch of

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