



Caramelised Onion, Goat's Cheese & Fig Tart with Rocket and Walnuts

Lunch 25-30 Minutes • 1 of your 5 a day • Veggie

14A

Find all your unchilled Market items in bag A.



Puff Pastry Sheet



Onion



Figs



Creme Fraiche



Goat's Cheese



Wild Rocket



Walnuts

Pantry Items

Oil, Salt, Pepper, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Baking paper, baking tray, frying pan and bowl.

Ingredients

Ingredients	Quantity
Puff Pastry Sheet** 13)	1 pack
Onion	2
Figs**	2
Creme Fraiche** 7)	150g
Goat's Cheese** 7)	75g
Wild Rocket**	40g
Walnuts 2)	40g

Pantry	Quantity
Olive Oil for the Dressing*	1 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	497g 5010/1198	100g 1009/241
Fat (g)	87.9	17.7
Sat. Fat (g)	43.8	8.8
Carbohydrate (g)	84.7	17.1
Sugars (g)	24.1	4.9
Protein (g)	21.9	4.4
Salt (g)	1.66	0.33

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

2) Nuts 7) Milk 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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1



Start the Tart

a) Preheat your oven to 240°C/220°C fan/gas mark 9. Remove the **puff pastry** from your fridge to allow it to come up to room temperature.

b) Meanwhile, halve, peel and thinly slice the **onions**.

c) Unroll the **pastry** (keeping it on its baking paper) and lay it onto a baking tray. Using a knife, score a 2cm border all around - be careful not to cut all the way through. Prick the **pastry** all over with a fork, keeping inside the border.

d) When the oven is hot, bake the **pastry** on the top shelf until starting to colour and puff up, 10-12 mins.

2



Prep the Toppings

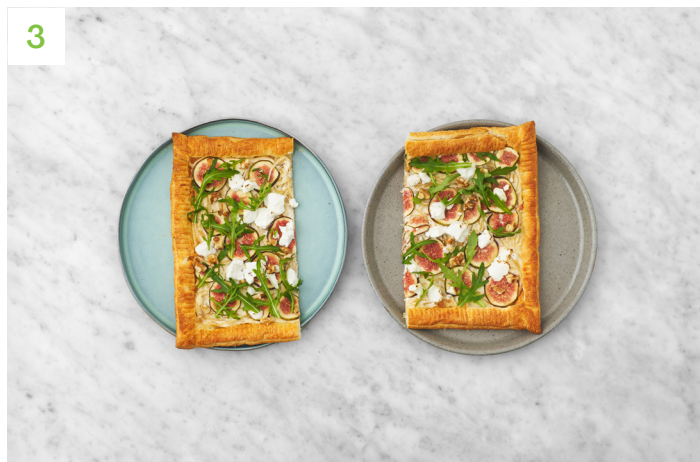
a) While the **pastry** is in the oven, heat a drizzle of **oil** in a large frying pan on medium heat.

b) Once hot, add the **onions**, season with **salt** and **pepper** and fry, stirring occasionally, until golden, 10-12 mins.

c) In the meantime, thinly slice the **figs**.

d) Once the **onions** are caramelised, remove from the heat and add the **creme fraiche**. Mix to combine.

3



The Finishing Touches

a) Once the **pastry** has baked, remove it from the oven. Push down the centre of the **pastry** with the back of a spoon.

b) Use the spoon to gently spread the **caramelised onions** over the **base** of the **tart**, then top with the **sliced figs**. Crumble over the **goat's cheese**, then return the **tart** to the top shelf of your oven and bake until golden brown, 7-10 mins.

c) In a small bowl, combine the **olive oil for the dressing** (see pantry amount) and the **rocket**. Season with **salt** and **pepper** and toss to coat.

d) Once baked, divide the **tart** between your serving plates, then top the **tart** with the **dressed rocket** and **walnut pieces** to finish.

Enjoy!