



Camembert, Sprout and Walnut Puff Pastry Tart with Redcurrant Jelly and Thyme

Special Sides 30-35 Minutes • 1 of your 5 a day • Veggie

7A

Find all your unchilled Market items in bag A.



Puff Pastry Sheet



Brussels Sprouts



Garlic Clove



French Camembert



Creme Fraiche



Dried Thyme



Walnuts



Redcurrant Jelly



Pantry Items
Oil, Salt, Pepper

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 tray, garlic press and bowl.

Ingredients

Ingredients	Quantity
Puff Pastry Sheet** 13	1 pack
Brussels Sprouts**	200g
Garlic Clove**	2
French Camembert** 7	250g
Creme Fraiche** 7	75g
Dried Thyme	1 sachet
Walnuts 2	20g
Redcurrant Jelly	37g

**Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	457g 5063 /1210	100g 1109 /265
Fat (g)	83.1	18.2
Sat. Fat (g)	49.1	10.8
Carbohydrate (g)	78.1	17.1
Sugars (g)	19.8	4.3
Protein (g)	38.7	8.5
Salt (g)	3.43	0.75

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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Roast the Brussel Sprouts

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Remove the **puff pastry** from your fridge and allow to come up to room temperature.
- Trim the **Brussels sprouts**. Quarter them through the root, then pop them onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until browned and tender, 15-18 mins. Turn halfway through.



Prep the Toppings

- While the **pastry** bakes, peel and grate the **garlic** (or use a garlic press).
- Slice the **Camembert** into long slices.
- In a small bowl, combine the **creme fraiche**, **dried thyme** and **garlic**, then season with **salt** and **pepper**.
- Once the **pastry** has baked, remove it from the oven.



Prep the Pastry

- Meanwhile, unroll the **pastry** (keeping it on its baking paper) and lay it onto a large baking tray.
- Cut the **pastry** widthways into 2 equal rectangles.
- Using a knife, score a 2cm border all around the edge of each rectangle - be careful not to cut all the way through. Prick the **pastry** all over with a fork, keeping inside the border.
- Bake the **pastry** on the middle shelf until it starts to colour and puff up, 10-12 mins.



Serve Up a Festive Treat

- Push down the centre of the **pastry** with the back of a spoon.
- Use the spoon to gently spread the **garlicky creme fraiche** over the **base** of the **tart**.
- Arrange the **roasted Brussels sprouts** over the **base**, then top with the **sliced camembert**.
- Scatter over the **walnut pieces**, then bake the **tart** on the top shelf of your oven until golden brown, 7-10 mins.
- Once baked, drizzle over the **redcurrant jelly** to finish.

Enjoy!

