



# Caramelised Root Veg and Onion Tart with Flaked Almonds and Balsamic Dressed Salad

**Festive Flavours** 40-45 Minutes • 3 of your 5 a day • Veggie

21



Puff Pastry Sheet



Carrot



Parsnip



Red Pepper Chilli  
Jam



Red Onion



Creme Fraiche



Grated Hard Italian  
Style Cheese



Toasted Flaked  
Almonds



Premium Baby  
Leaf Mix



Balsamic Glaze

**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 tray, frying pan and bowl.

## Ingredients

| Ingredients  | 2P        | 3P        | 4P        |
|--|-----------|-----------|-----------|
| Puff Pastry Sheet**<br><b>13)</b>                  | 1 pack    | 1½ packs  | 2 packs   |
| Carrot**   | 2         | 3         | 4         |
| Parsnip**  | 2         | 3         | 4         |
| Red Pepper Chilli<br>Jam                           | 25g       | 37g       | 50g       |
| Red Onion**  | 1         | 2         | 2         |
| Creme Fraiche** <b>7)</b>                          | 150g      | 225g      | 300g      |
| Grated Hard Italian<br>Style Cheese** <b>7) 8)</b> | 20g       | 40g       | 40g       |
| Toasted Flaked<br>Almonds <b>2)</b>                | 25g       | 25g       | 25g       |
| Premium Baby Leaf<br>Mix**                         | 50g       | 75g       | 100g      |
| Balsamic Glaze <b>14)</b>                          | 12ml      | 12ml      | 24ml      |
| <b>Pantry</b>                                      | <b>2P</b> | <b>3P</b> | <b>4P</b> |
| Olive Oil for the<br>Dressing*                     | 1 tbsp    | 1½ tbsp   | 2 tbsp    |

\*Not Included \*\*Store in the Fridge

## Nutrition

| Typical Values<br>for uncooked ingredient | Per serving<br>546g | Per 100g<br>100g |
|---|---------------------|------------------|
| Energy (kJ/kcal)                          | 4798 /1147          | 880 /210         |
| Fat (g)                                   | 76.8                | 14.1             |
| Sat. Fat (g)                              | 38.8                | 7.1              |
| Carbohydrate (g)                          | 96.7                | 17.7             |
| Sugars (g)                                | 34.7                | 6.4              |
| Protein (g)                               | 19.3                | 3.6              |
| Salt (g)                                  | 1.33                | 0.24             |

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

## Allergens

**2)** Nuts **7)** Milk **8)** Egg **13)** Cereals containing gluten  
**14)** Sulphites

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, milk, egg, mustard, celery, soya, 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.

## Contact

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## Prep the Root Veg

Preheat your oven to 220°C/200°C fan/gas mark 7.  
Remove the **puff pastry** from your fridge.

Trim the **carrots** and **parsnips**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons and pop them both onto a large baking tray.

Drizzle the **veg** with **oil** and season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. When the oven is hot, roast on the middle shelf until tender, 20-25 mins. Turn halfway through.

Once roasted, drizzle the **red pepper chilli jam** over the **veg** and toss to coat.



## Assemble your Tart

In the meantime, combine the **creme fraiche** and **grated hard Italian style cheese** in a medium bowl. Season with **salt** and **pepper**.

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

Gently spread the **creamy sauce** over the **base** of the **tart**, then add an even layer of **caramelised onion**. Top with the **roasted carrots** and **parsnips**, then scatter over the **flaked almonds**.

Return the **tart** to the top shelf of your oven to bake until golden brown, 7-10 mins.



## Caramelised Onion Time

While the **veg** roasts, halve, peel and thinly slice the **red onion**.

Heat a drizzle of **oil** in a large frying pan on medium heat.

Once hot, add the **onion** and season with **salt** and **pepper**. Fry, stirring occasionally, until golden, 8-10 mins.



## Dress the Salad

Meanwhile, clean the (now empty) **sauce** bowl. Add the **olive oil for the dressing** (see pantry), then season with **salt** and **pepper**.

Just before you're ready to serve, add the **baby leaves** to the **dressing** and toss to coat.



## Blind Bake the Pastry

Meanwhile, 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.

When the oven is hot, bake on the top shelf until it starts to colour and puff up, 10-12 mins.



## Slice and Serve

When ready, slice the **root veg tart** and share between your plates.

Serve the **salad** alongside and drizzle over the **balsamic glaze**.

Enjoy!