

CHEESE, ONION & TOMATO TART

with Green Beans and Mustard Vinaigrette





HELLO CHEDDAR

Cheddar is named after the Cheddar Gorge caves in Somerset where the cheese used to be stored to ripen.





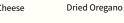


Vine Tomato





Cheddar Cheese





Crème Fraîche







Wholegrain Mustard



Green Beans









Family Box



A savoury tart is a simple, tasty crowd-pleaser. Our recipe includes very few ingredients and ready to roll pastry, meaning a no-frills dish that is great to enjoy as a midweek dinner. We've teamed the cheese, onion and tomato tart with a side of green beans. The greens add a welcome flavour and texture contrast, and the tangy mustard vinaigrette works well with the more mellow flavours in the tart.

BEFORE YOU = START

Our fruit and veggies need a little wash before you use them! Make sure you've got a Baking Tray, Baking Paper, Frying Pan, Coarse Grater, Mixing Bowl, Large Saucepan and Sieve. Now, let's get cooking!



COOK THE BASE Preheat your oven to 200°C. Unroll the puff pastry and lay onto a baking tray lined with baking paper. Prick the **pastry** all over with a fork. Pop onto the top shelf of the oven and cook until lightly golden all over, 12-15 mins (use the top and middle shelves of your oven if you're cooking for 3 or 4!). Once cooked, remove from the oven and set to one side. **TIP:** If the middle has risen, gently flatten the pastry with the back of a spoon!



CARAMELISE THE ONION Halve, peel and thinly slice the **onion**. Heat a drizzle of oil in a frying pan over medium heat. Once hot, add the onion and season with a pinch of **salt** and **pepper**. Cook, stirring occasionally, until softened and starting to colour, 5-6 mins. Meanwhile, thinly slice the tomato and grate the cheddar cheese.



ASSEMBLE Once the **onion** is soft, transfer to a mixing bowl and stir in the cheddar cheese and crème fraîche. Season with a pinch of salt and pepper. When the pastry is out of the oven, use a spoon to spread the **cheese** and **onion crème fraîche** all over it. Leave a 2-3cm border on all four sides! Top with the **sliced tomato** and sprinkle over the **dried oregano** (use as much or as little as you like!).



Bake the tart once again on the top shelf of the oven until the tomato is cooked and the cheese has melted, 10-15 mins. In the meantime. Pop a large saucepan of water on to boil with a pinch of salt for the green beans.



BOIL THE BEANS Trim the green beans. Halve the lemon. When the water is boiling, add the green beans to the pan and cook until tender, 5 mins. Drain in a sieve and set to one side.



FINISH AND SERVE Meanwhile, in a small bowl, mix together the wholegrain mustard, olive oil (see ingredients for amount), a squeeze of lemon **juice** to taste and a pinch of **salt** and **pepper**. Once your tart is out of the oven, slice into portions and share between your plates. Pop the green beans alongside the tart and drizzle over the mustard vinaigrette. Enjoy!

INGREDIENTS

	2P	3P	4P
Puff Pastry 13)	1	1½	2
Vine Tomato	2	3	4
Cheddar Cheese 7) *	1 block	1½ blocks	2 blocks
Dried Oregano	1 small	¾ large	1 large
Crème Fraîche 7) *	pot 150g	pot 200g	pot 300g
Lemon *	1/2	1/2	1
Onion *	1	1½	2
Wholegrain Mustard 9)	½ pot	¾ pot	1 pot
Green Beans *	1 small pack	1 large pack	2 small packs
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp

*Not Included Store in the Fridge

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NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 520G	PER 100G
Energy (kJ/kcal)	3910/935	752 /180
Fat (g)	66	13
Sat. Fat (g)	32	6
Carbohydrate (g)	76	15
Sugars (g)	13	3
Protein (g)	18	3
Salt (g)	1.40	0.27

Nutrition for uncooked ingredients based on 2 person recipe. **ALLERGENS**

Milk 9) Mustard 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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