



# 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.*



Puff Pastry



Vine Tomato



Cheddar Cheese



Dried Oregano



Crème Fraîche



Lemon



Onion



Wholegrain Mustard



Green Beans

MEAL BAG

Hands On: **30** mins  
Total: **40** mins

**1.5** of your  
**5** a day

Little heat

Family Box

Veggie

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.

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## 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!



### 1 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!*



### 4 BAKE!

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**.



### 2 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**.



### 5 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.



### 3 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!).



### 6 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!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Puff Pastry 13)	1	1½	2
Vine Tomato	2	3	4
Cheddar Cheese 7) *	1 block	blocks	blocks
Dried Oregano	1 small pot	¾ large pot	1 large pot
Crème Fraîche 7) *	150g	200g	300g
Lemon *	½	½	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

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

7) 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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The Fresh Farm  
60 Worship St, London EC2A 2EZ

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