



Cooking Made Easy

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Courgette and Sun-Dried Tomato Tart with Rocket Salad

Pastry might seem like it's the preserve of people who have way too much time on their hands but tonight we're making it easy*! And here's some HelloFresh trivia for you ... during the drying process sun-dried tomatoes can lose up to 93% of their weight! At the same time the flavours become concentrated to give you that delicious hit of sweetness. *Step aside Mary Berry!

 30 min

 veggie



Courgette



Sun-Dried Tomato



Vine Tomato



Cream Cheese



Hard Italian Cheese



Puff Pastry Sheet



Dried Oregano



Rocket

Ingredients

	2P	4P
Courgette, sliced	1½ cups	3 cups
Sun-Dried Tomato, chopped	2 tbsp	3 tbsp
Vine Tomato, sliced	1	2
Cream Cheese 1	4 tbsp	8 tbsp
Hard Italian Cheese 1	1½ tbsp	3 tbsp
Puff Pastry Sheet 1, 2	1	2
Dried Oregano	1 tsp	2 tsp
Rocket	1 handful	2 handfuls

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Milk | 2) Gluten

Nutrition per serving: Calories: 671 kcal | Protein: 17 g | Carbs: 57 g | Fat: 42 g | Saturated Fat: 24 g



1 Preheat the oven to 200 degrees. Slice the courgette into very thin discs (less than ½ cm thick). Very finely chop the sun-dried tomato. Very, very finely slice the tomato.

salt and a few good grinds of black pepper. **Tip:** For a more golden finish brush the 1cm pastry border with a little milk if you have some.



2 Heat a large non-stick pan on high heat. In a bowl mix the courgette slices gently with 2 tsp olive oil. Fry the courgettes for a minute on each side and remove to a plate. **Tip:** Do not overcrowd the pan - space the courgettes out to brown them off.

6 Bake for 15-20 mins until the pastry has risen and is nice and golden.



3 Mix the cream cheese with the sun-dried tomato and half of the grated hard Italian cheese. **Tip:** To loosen up the cheese add a tbsp of milk if you have it (or 1 tbsp water if not).

7 Mix your rocket with 2 tsp of best quality olive oil and a pinch of salt and pepper.



4 Unroll the pastry onto a lightly greased baking tray and trim the edges to form a rectangle. Using a kitchen knife mark a border around the tart, 1cm from the edge.

8 Scatter the rocket and remaining cheese over the cooked tart and serve it straight away. **Tip:** We like serving one large tart to cut at the table but you can make mini ones of you like.

5 Spread the cream cheese mixture inside the border. Place the courgette and tomato slices on top of the tart and scatter over the oregano. Sprinkle on a pinch of