



# APPLE, RED ONION & CHEESE TART

with Roasted Potatoes and Rocket Salad



## HELLO PUFF PASTRY

The secret behind puff pastry is laminating. Fat is sandwiched between layers and folded multiple times (it even has a formula) to produce light and airy pastry. It can be time consuming to make so we have saved you the job!



Puff Pastry Sheet



Potato



Dried Oregano



Red Onion



Apple



Garlic Clove



Lemon



Mature Cheddar Cheese



Rocket

MEAL BAG

45 mins

2 of your 5 a day

Veggie

7

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a two **Large Baking Trays**, some **Baking Paper**, a **Fine Grater**, **Large Frying Pan** and **Coarse Grater**. Now, let's get cooking!



### 1 PREP THE PASTRY

Preheat your oven to 200°C. Unroll the **puff pastry** and lay on a large baking tray lined with baking paper. Prick the **pastry** all over with a fork. Pop onto the top shelf of the oven until lightly golden all over, 12-15 mins. 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!*



### 2 ROAST THE POTATO

Chop the **potato** into 2cm pieces (no need to peel). Pop onto another large baking tray and sprinkle with **half** the **dried oregano** a drizzle of **oil** and a pinch of **salt** and **pepper**. Roast on the middle shelf of the oven until golden and crispy, 25-30 mins. Turn halfway through cooking.



### 3 CARMELISE THE ONION

Halve, peel and thinly slice the **onion**. Quarter the **apple** and remove the core and the seeds. Chop into 1cm pieces (no need to peel). Peel and grate the **garlic** (or use a garlic press). Zest and halve the **lemon**. Heat a glug of **oil** in a large frying pan over medium heat. Once hot, add the **onion** to the pan with a pinch of **salt** and a good grind of **pepper**. Cook until starting to soften, 5 mins. Stir regularly.



### 4 COOK THE APPLE

Once the **onion** has softened slightly, stir in the **apple**. Cook until soft and beginning to colour, 5 more mins, stirring often, then add the **garlic** and the remaining **dried oregano**. Cook for 1 minute more then remove from the heat. Stir through **half** the **lemon zest** and season to taste with **salt** and **pepper** if necessary.



### 5 BAKE THE TART

Use a spoon to spread the **onion** and **apple mixture** all over the **puff pastry base**, leaving room for a 2-3cm border on all four sides! Grate the **cheddar cheese** then sprinkle it over the **onion mixture** in an even layer. Return to the oven and cook until the **cheese** has melted and the **pastry** is golden, 10-12 mins.



### 6 FINISH AND SERVE

In the meantime, pop the **rocket** into a large bowl. Add a drizzle of **oil**, a squeeze of **lemon** and a pinch of **salt** and **pepper**. Toss to coat. Once everything is ready, slice the **tart** into portions. Share everything between your plates. **Dig in!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Puff Pastry Sheet 13) *	1	1½	2
Potato *	1	1½	2
Dried Oregano	½ small pot	¾ small pot	1 small pot
Red Onion *	2	3	4
Apple *	1	1½	2
Garlic Clove *	1	2	2
Lemon *	½	1	1
Mature Cheddar Cheese 7) *	2 blocks	3 blocks	4 blocks
Rocket *	1 bag	1½ bags	2 bags

\*Not Included

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 560G	PER 100G
Energy (kJ/kcal)	4033 / 964	721 / 172
Fat (g)	49	9
Sat. Fat (g)	25	4
Carbohydrate (g)	109	19
Sugars (g)	16	3
Protein (g)	23	4
Salt (g)	1.60	0.29

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

7) Milk 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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