



# Garlic Mushroom and Onion Marmalade Tart with Balsamic Glazed Pea Shoot Salad

21

Classic 30-35 Minutes • 1 of your 5 a day • Veggie



Puff Pastry Sheet



Chives



Creme Fraiche



Grated Hard Italian Style Cheese



Garlic Clove



Sliced Mushrooms



Onion Marmalade



Pea Shoots



Balsamic Glaze

**Pantry Items**  
Oil, Salt, Pepper, Butter

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Baking tray, bowl and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Puff Pastry Sheet** <b>13</b>	1 roll	1½ rolls	2 rolls
Chives**	1 bunch	1 bunch	1 bunch
Crema Fraiche** <b>7</b>	150g	225g	300g
Grated Hard Italian Style Cheese** <b>7</b> <b>8</b>	40g	65g	80g
Garlic Clove**	2	3	4
Sliced Mushrooms**	240g	360g	480g
Onion Marmalade	40g	60g	80g
Pea Shoots**	40g	60g	80g
Balsamic Glaze <b>14</b>	1 sachet	2 sachets	2 sachets

Pantry	2P	3P	4P
Butter*	30g	45g	60g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	446g	100g
Energy (kJ/kcal)	4448/1063	998/239
Fat (g)	78.7	17.7
Sat. Fat (g)	42.8	9.6
Carbohydrate (g)	78.6	17.7
Sugars (g)	21.2	4.8
Protein (g)	18.8	4.2
Salt (g)	1.57	0.35

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**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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### Blind Bake the Pastry

Preheat your oven to 240°C/220°C fan/gas mark 9. Remove the **puff pastry** from your fridge.

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 the **pastry** on the top shelf until starting to colour and puff up, 10-12 mins.



### Finish your Tart

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

Use the spoon to gently spread the **creamy sauce** over the **base** of the **tart**. Top with the **garlicky mushrooms**, making sure to spread them out evenly.

Dollop on the **onion marmalade** evenly over the **filling**, then return the **tart** to the top shelf of your oven to bake until golden brown, 10-12 mins.



### Mix the Creamy Sauce

While the **pastry** bakes, finely chop the **chives** (use scissors if easier), then pop **half** into a medium bowl.

Add the **crema fraiche** and **grated hard Italian style cheese**. Season with **salt** and **pepper**, mix together, then set aside.



### Dress the Pea Shoots

Just before you are ready to serve, pop the **pea shoots** into a bowl and drizzle with a little **olive oil**. **TIP:** Don't do this too early or the leaves will go soggy.



### Fry the Mushrooms

Peel and grate the **garlic** (or use a garlic press). Melt the **butter** (see ingredients for amount) to a large frying pan on high heat. Add the **sliced mushrooms**, season with **salt** and **pepper**, then cook until browned, 5-6 mins, stirring occasionally. Stir in the **garlic** and cook for 1 min more, then remove from the heat.



### Finish and Serve

When the **tart** is ready, sprinkle the remaining **chives** over the top.

Slice up your **mushroom and onion marmalade tart**, then share between your plates.

Serve the **pea shoots** alongside drizzled with the **balsamic glaze**.

Enjoy!