

Garlic Mushroom and Onion Marmalade Tart

with Balsamic Glazed Pea Shoot Salad

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







Puff Pastry Sheet





Creme Fraiche

Grated Hard Italian Style Cheese





Garlic Clove

Sliced Mushrooms



Onion Marmalade



Pea Shoots



Balsamic Glaze

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** 13)	1 roll	1½ rolls	2 rolls
Chives**	1 bunch	1 bunch	1 bunch
Creme Fraiche** 7)	150g	225g	300g
Grated Hard Italian Style Cheese** 7) 8)	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 14)	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.

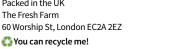
Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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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.



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 creme fraiche and grated hard Italian style cheese. Season with salt and pepper, mix together, then set aside.



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 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.



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.



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!