



Leek, Cheese and Pesto Tart with Walnuts and Pea Shoot Salad

Classic 25-30 Minutes • 1 of your 5 a day • Veggie

21



Puff Pastry Sheet



Leek



Garlic Clove



Greek Style Salad
Cheese



Walnuts



Medium Tomato



Creme Fraiche



Grated Hard Italian
Style Cheese



Fresh Pesto



Pea Shoots



Balsamic Glaze

Pantry Items

Oil, Salt, Pepper, Butter, Olive Oil

Before you start

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

Cooking tools

Baking tray, garlic press, bowl and frying pan.

Ingredients

| Ingredients | 2P | 3P | 4P |
|--|-----------|-----------|-----------|
| Puff Pastry Sheet** 13) | 1 roll | 1½ rolls | 2 rolls |
| Leek** | 1 | 2 | 2 |
| Garlic Clove** | 1 | 2 | 2 |
| Greek Style Salad Cheese** 7) | 50g | 100g | 100g |
| Walnuts 2) | 20g | 40g | 40g |
| Medium Tomato | 1 | 2 | 2 |
| Creme Fraiche** 7) | 150g | 225g | 300g |
| Grated Hard Italian Style Cheese** 7) 8) | 25g | 40g | 40g |
| Fresh Pesto** 7) | 50g | 82g | 100g |
| Pea Shoots** | 40g | 60g | 80g |
| Balsamic Glaze 14) | 1 sachet | 2 sachets | 2 sachets |
| Pantry | 2P | 3P | 4P |
| Butter* | 20g | 30g | 40g |
| Olive Oil for the Pesto* | ½ tbsp | ¾ tbsp | 1 tbsp |

*Not Included **Store in the Fridge

Nutrition

| Typical Values | Per serving | Per 100g |
|--------------------------------|-------------|-------------|
| for uncooked ingredient | 479g | 100g |
| Energy (kJ/kcal) | 5149 /1231 | 1076 /257 |
| Fat (g) | 96.7 | 20.2 |
| Sat. Fat (g) | 45.5 | 9.5 |
| Carbohydrate (g) | 76.7 | 16.0 |
| Sugars (g) | 16.9 | 3.5 |
| Protein (g) | 21.5 | 4.5 |
| Salt (g) | 2.42 | 0.51 |

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

2) Nuts 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 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.



Make the Creamy Sauce

Meanwhile, in a small bowl, combine the **creme fraiche** with the **grated hard Italian style cheese**. Season with **pepper**, then set the **creamy sauce** aside.

In another bowl, mix together the **pesto** and the **olive oil for the pesto** (see ingredients for amount). Set aside.

Once the **leeks** have softened, add the **garlic** to the pan and stir-fry for 1 min more, then remove from the heat.



Get Prepped

Meanwhile, trim the root and the dark green leafy part from the **leek**. Halve lengthways, then thinly slice widthways.

Peel and grate the **garlic** (or use a garlic press). Crumble the **Greek style salad cheese** into small pieces. Roughly chop the **walnuts**.

Cut the **tomato** into 1cm pieces, then pop it into a medium bowl with a drizzle of **oil** and some **salt** and **pepper**.



Assemble 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** up to the boarder.

Top with an even layer of the **leeks**, then scatter over the **Greek style salad cheese** and **walnuts**.

Return the **tart** to the top shelf of your oven to bake until golden brown, 5-6 mins.



Fry the Leek

Melt the **butter** (see ingredients for amount) in a medium frying pan on medium heat.

Once melted and hot, add the **leek** and season with **salt** and **pepper**. Cook until softened, 8-9 mins, stirring occasionally.



Slice and Serve

When the **tart** is ready, remove it from the oven and drizzle over the **pesto**.

Add the **pea shoots** to the **tomato** bowl and toss together. **TIP: Don't do this too early or the leaves will go soggy.**

Slice up your **leek and pesto tart** and share between your plates. Serve the **salad** alongside drizzled with the **balsamic glaze**.

Enjoy!