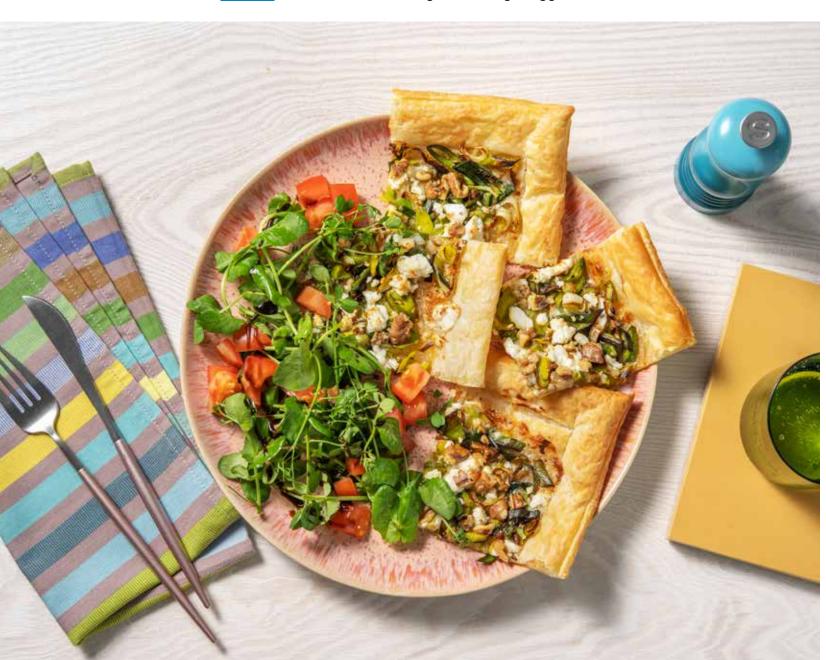


Leek, Cheese and Pesto Tart

with Walnuts and Pea Shoot Salad

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







Puff Pastry Sheet







Garlic Clove



Greek Style Salad





Walnuts



Creme Fraiche



Pea Shoots

Medium Tomato

Grated Hard Italian Style Cheese



Fresh Pesto





Balsamic Glaze

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	1⅓ 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 **Ctore in the Fridge				

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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.

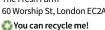
Contact

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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.



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.



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.



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.



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.



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!