



# SAUSAGE & CARMELISED ONION TART

with a Rocket Salad



## HELLO CHEESE

*Cheddar is named after the Cheddar Gorge caves in Somerset where the cheese used to be stored to ripen.*



Puff Pastry Sheet



Onion



Cheddar Cheese



Pork and Oregano Sausage Meat



Rocket

For a quick and delicious dinner recipe, our sausage and caramelised onion tart is the perfect solution. We've topped the pre-made puff pastry base with cheddar cheese, caramelised onions and our deliciously pre-seasoned pork and oregano sausage meat for a simple flavour combination that you'll love. Served with a fresh rocket salad on the side to keep the flavours light, this summery dish is just the thing for a fuss-free dinner.

40 mins

1 of your 5 a day

MEAL BAG

3

## BEFORE YOU START

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



### 1 BAKE THE PASTRY

Preheat your oven to 200°C. Unroll the **puff pastry** and lay on a 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 FRY THE ONION

Meanwhile, halve, peel and thinly slice the **onion**. Heat a good glug of **oil** in a large frying pan over medium heat. Once hot, add the **onion** and a good pinch of **salt**. Cook slowly, stirring regularly, until soft, sticky and lightly coloured, 10 - 15 mins. **★ TIP:** *If it looks like the onion is starting to burn, add a little more oil or a small splash of water!*



### 3 GET AHEAD!

In the meantime, grate the **cheddar cheese**.



### 4 CAMELISATION

Once the **onion** is nice and soft, stir in a pinch of **sugar** (if you have some). Turn the heat to high and cook, stirring continuously, until golden and sticky. 1-2 mins more. Remove from the heat.



### 5 ASSEMBLE THE TART

Using a spoon, spread the **caramelised onion** all over the **puff pastry base**, leaving room for a 2-3cm border on all 4 sides! Sprinkle over the **cheese** then dot the **sausage meat** evenly on top. **❗ IMPORTANT:** *Remember to wash your hands and equipment after handling raw meat.* Pop back into the oven until the **sausage** is cooked and beginning to colour, 20-25 mins. **❗ IMPORTANT:** *The sausage meat is cooked when it is no longer pink in the middle.*



### 6 FINISH AND SERVE

Just before you are ready to serve, pop the **rocket leaves** into a large bowl with a drizzle of **oil**, a pinch of **salt** and **pepper**. Toss to coat. When the tart is out of the oven, divide onto plates and serve the **salad** on the side. **Dig in!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Puff Pastry Sheet 13) *	1	1½	2
Onion *	2	3	4
Cheddar Cheese 7) *	2 blocks	3 blocks	4 blocks
Pork and Oregano Sausage Meat 13) 14) *	300g	450g	600g
Rocket *	1 bag	1½ bags	2 bags

\*Not Included

\* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 501G	PER 100G
Energy (kcal)	1180	236
(kJ)	4935	985
Fat (g)	76	15
Sat. Fat (g)	36	7
Carbohydrate (g)	86	17
Sugars (g)	10	2
Protein (g)	39	8
Salt (g)	3.66	0.73

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

7) Milk 13) Gluten 14) Sulphites

**🧼** 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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