



# Two Cheese and Pepper Tart with Fresh Pesto and Rocket Salad

Classic 35-40 Minutes • 1 of your 5 a day • Veggie

21



Puff Pastry Sheet



Bell Pepper



Medium Tomato



Mature Cheddar  
Cheese



Pizza Sauce



Grated Hard Italian  
Style Cheese



Rocket



Fresh Pesto



Balsamic Glaze

**Pantry Items**

Oil, Salt, Pepper, Olive Oil

## Before you start

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

## Cooking tools

Grater, baking tray and bowl.

## Ingredients

Ingredients	2P	3P	4P
Puff Pastry Sheet** 13)	1 roll	1½ rolls	2 rolls
Bell Pepper***	1	1	2
Medium Tomato	1	2	2
Mature Cheddar Cheese** 7)	90g	135g	180g
Pizza Sauce	120g	180g	240g
Grated Hard Italian Style Cheese** 7) 8)	25g	40g	50g
Rocket**	40g	60g	80g
Fresh Pesto** 7)	32g	50g	64g
Balsamic Glaze 14)	1 sachet	1 sachet	2 sachets

*\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.*

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	440g	100g
Energy (kJ/kcal)	4253 /1017	967 /231
Fat (g)	65.7	14.9
Sat. Fat (g)	34.3	7.8
Carbohydrate (g)	77.5	17.6
Sugars (g)	19.8	4.5
Protein (g)	26.1	5.9
Salt (g)	2.71	0.62

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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## Start the Prep

Preheat your oven to 220°C/200°C fan/gas mark 7. Remove the **pastry** from your fridge.

Halve the **pepper** and discard the core and seeds. Slice into thin strips.

Chop the **tomatoes** into 1cm pieces.

Grate the **Cheddar cheese**.



## Make your Salad

While the **tart** bakes, pop the **tomatoes** into a large bowl with a drizzle of **oil**. Season with **salt** and **pepper**.

Just before serving, add the **rocket** to the bowl and toss together.



## Build the Tart

Unroll the **pastry**, keeping it on its baking paper, and place onto a baking tray. Prick all over using a fork.

Spread the **pizza sauce** evenly over the **pastry**, leaving a 2cm border around the edge.

Scatter the **sliced pepper** and **grated Cheddar** over the **sauce**, then sprinkle the **hard Italian style cheese** onto the **pastry** border to make your **cheesy crust**.



## Hey Pesto

Once the **tart** is cooked, remove from the oven and finish with dollops of **pesto** all over.



## Ready, Steady, Bake

Drizzle a little **olive oil** over the **tart** and season with **salt** and **pepper**.

Bake on the top shelf of your oven until golden, 20-25 mins.



## Serve

Slice up your **tart** and share between your plates with the **salad** alongside.

Drizzle the **salad** with the **balsamic glaze** to finish.

Enjoy!