



Beetroot, Fetta & Thyme Filo tart

with Cucumber Salad



Make your own fillo
pastry tart



Red Onion



Beetroot



Pine Nuts



Fillo Pastry



Fetta



Thyme



Cucumber



Dijon Mustard



Mixed Salad Leaves

Pantry Staples



Olive Oil



Balsamic Vinegar



Honey

Hands-on: 30 mins
Ready in: 40 mins

Save this sumptuous supper for a night when you want to impress – it's a delight to behold. Free form fillo pastry tarts are incredibly easy, but they look fantastic and are a great showcase for beautiful ingredients. The play of earthy beetroot, rich feta and nutty pine nuts is a knockout combination.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, gloves, large frying pan, wooden spoon, oven tray lined with baking paper, pastry brush** and a **medium bowl**.



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Finely slice the **red onion**. Cut the **beetroot** (unpeeled) into very thin half-moons. **TIP:** Wear gloves to stop the beetroot from staining your hands. Pick the **thyme** leaves.



2 COOK THE BEETROOT & ONION

Heat a large frying pan over a medium-high heat. Add the **pine nuts** and toast, stirring, for **3-4 minutes**, or until golden. Remove from the pan and set aside. Add a **drizzle** of **olive oil** to the same pan and, once hot, add the **beetroot** and the **red onion** and cook for **10 minutes**, or until softened. Remove the pan from the heat and stir through the **balsamic vinegar**. Season with a generous **pinch** of **salt** and **pepper** and mix well. Set aside.



3 ASSEMBLE THE TART

While the beetroot is cooking, lay **2 sheets** of **filo pastry** on the oven tray lined with baking paper and brush the pastry with **olive oil**. Continue laying the sheets of filo on top of one another, brushing with oil between every second layer until your tart is **8 sheets** high. **For 4 people, repeat this step to make another filo tart.** **TIP:** Cover the unused filo pastry with a damp tea towel to stop it from drying out while assembling the tart.



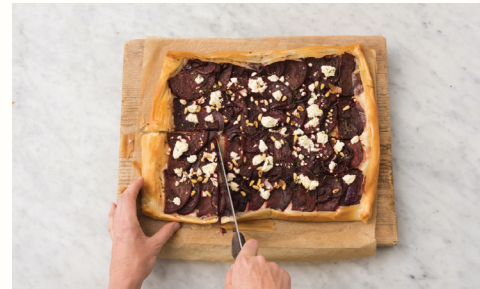
4 BAKE THE TART

Top the filo pastry with the cooked **beetroot** and **red onion**, leaving a 2 cm border around the edges. Crumble over the **fetta** and sprinkle over the **thyme** and the **pine nuts**. Fold in the edges to create a pastry border and brush with **olive oil**. Place the tart in the oven and bake for **10-15 minutes**, or until golden and crisp.



5 MAKE THE CUCUMBER SALAD

While the tart is cooking, finely slice the **cucumber**. In a medium bowl, add a **drizzle** of **balsamic vinegar**, a **drizzle** of **olive oil**, the **honey** and the **Dijon mustard**. Season to taste with a **pinch** of **salt** and **pepper** and mix to combine. Just before serving, add the cucumber and the **mixed salad leaves** to the bowl and toss to coat in the dressing. **TIP:** Dress your salad just before serving to prevent soggy leaves.



6 SERVE UP

Cut the beetroot, fetta and thyme tart into pieces and divide the slices between plates and serve alongside the cucumber salad.

Enjoy!

2|4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red onion	1	2
beetroot	2	4
thyme 🌿	1 bunch	2 bunches
pine nuts	1 packet (1 tbs)	2 packets (2 tbs)
balsamic vinegar*	1 tbs	2 tbs
filo pastry	8 sheets	16 sheets
fetta	1 block (100 g)	2 blocks (200 g)
cucumber	1	2
honey*	½ tsp	1 tsp
dijon mustard	¼ tub (1 tsp)	½ tub (2 tsp)
mixed salad leaves	1 bag	2 bags

*Pantry Items | 🌿 This ingredient can be found in your herb bag

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3220kJ (770Cal)	700kJ (167Cal)
Protein (g)	21.5g	4.7g
Fat, total (g)	46.9g	10.2g
- saturated (g)	12.3g	2.7g
Carbohydrate (g)	63.3g	13.7g
- sugars (g)	17.7g	3.8g
Sodium (g)	1120mg	243mg

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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