



# Caramelised Onion, Goat Cheese & Olive Tart

with Walnuts & Salad Leaves

Grab your Meal Kit with this symbol



Red Onion



Kalamata Olives



Walnuts



Filo Pastry



Marinated Goat Cheese



Salad Leaves

Prep in: **15 mins**  
Ready in: **35 mins**

Within this perfectly sealed package, you'll find yourself drooling over the unbeatable flavours found hidden in this tart. Caramelised onion, marinated goat cheese and olives are just some of the stars of tonight's show and with a sprinkling of walnuts and salad leaves for colour and crunch, you'll definitely be coming back for seconds (and thirds!).

### Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, Butter, Milk

SCT





## Before you start

Wash your hands and any fresh food.

## You will need

Large frying pan · Oven tray lined with baking paper

## Ingredients

	2 People
<b>olive oil*</b>	refer to method
red onion	2
kalamata olives	2 medium packets
walnuts	1 large packet
<b>balsamic vinegar*</b>	2 tbs
<b>brown sugar*</b>	½ tbs
<b>butter*</b>	30g
filo pastry	½ packet
marinated goat cheese	1 packet
<b>milk*</b>	1 tbs
salad leaves	1 small bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3037kJ (726Cal)	756kJ (181Cal)
Protein (g)	22g	5.5g
Fat, total (g)	41.3g	10.3g
- saturated (g)	9.2g	2.3g
Carbohydrate (g)	63.2g	15.7g
- sugars (g)	14.5g	3.6g
Sodium (mg)	1722mg	429mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



## Get prepped

- Preheat oven to **240°C/220°C fan forced**.
- Thinly slice **red onion**.
- Roughly chop **kalamata olives** and **walnuts**.



## Bake the tart.

- Place **filo pastry** (see ingredients) flat on a lined oven tray. Place topping in a single layer in centre of the pastry, leaving a 4cm border around edge.
- Crumble over **marinated goat cheese**. Season with **pepper**.
- Carefully fold pastry edges over the topping, leaving the centre exposed. Brush edges of pastry with the **milk**. Bake until golden, **12-15 minutes**.



## Caramelize the onion

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **onion**, stirring regularly, until softened, **5-6 minutes**.
- Reduce heat to medium. Add the **balsamic vinegar**, **brown sugar**, **butter** and a splash of **water** and mix well. Cook until dark and sticky, **3-5 minutes**.
- Stir in **olives** until combined.



## Serve up

- Top tart with walnuts and **salad leaves**. Drizzle over olive oil. Slice tart.
- Transfer caramelised onion, goat cheese and olive tart with walnuts and salad leaves to a serving platter. Enjoy!

## Rate your recipe

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