

Beetroot & Goat Cheese Tart

Who doesn't love a tart? I do! And this one is a belter.

I could eat it any time of the day it's that good. But it especially works well as a light lunch or as a starter with a little salad. To be honest tho I normally just eat the whole thing myself. Anyway if you like the sound of this give it a try.



Serves: 4 as a starter

Prep Time: 10 minutes

Rest/Marinate Time: 0

Cooking Time: 45 minutes

Ingredients

- 1 medium red onion, cut in half and finely sliced.
- 2 cooked beetroot, cut into whatever shape your heart desires.
- 150 g goat cheese.
- 1 tbsp of fresh thyme leaves.
- 1 handful of walnut pieces.
- 2 tbsps of honey.
- 1 sheet of ready-made puff pastry.
- 1 egg yolk, beaten.
- 1 tbsp of soft brown sugar.
- 1 tbsp of red wine vinegar.

Method

- Fry the onions with the thyme over a medium-low heat, with a splash of olive oil and a pinch of salt. You want to cook them for around 10-15 minutes, get them nice and soft and so they just start to take on some colour. Then add the sugar and continue to cook for another 5 minutes, giving it a good mix. Add the vinegar, mixing everything and take off the heat.
- You can do this step while the onions are cooking. Roll out the puff pastry keeping it on the paper it's wrapped in and pop onto a baking tray. Take a knife and score a small border around the edges of the pasty. Be careful not to go all the way through, then prick the scored border using a fork. Bake in a preheated oven set at 200°C for 10 minutes or till it starts to turn a golden colour.
- Now carefully push the centre of the pasty flat so you are left with just a puffed-up boarder. Take the onions and spread them evenly over the flatted base then arrange the beetroot on top. Break up the goat cheese and put in and around the beetroot. Egg wash the boarder and bake again for another 10-15 or till golden brown and the cheese has started to melt. Once out of the oven add the walnuts, drizzle with the honey and add a few extra thyme leaves.