



Caramelized Onion, Artichoke and Goat's Cheese Tart with Nectarine and Pancetta Salad

Method:

Tart

- Preheat oven to 200°C fan bake. Line tart tin (21cm x 30cm) with pastry and trim edges. Line pastry with baking paper & add weights (or dried beans/chickpeas). Blind bake for 10 minutes. Remove paper & weights and bake for a further 5 minutes.
- Heat oil in a fry pan on low-medium heat, add the sliced onions. Cook the onions (trying to keep the shape) and some thyme leaves until caramelized. Remove from heat.
- Whisk together eggs, cream, salt and pepper.
- Reduce the oven temperature to 180°C. Pour the egg mixture into the pastry case; arrange the onions, artichokes, goat's cheese and thyme. Bake for a further 20 minutes or until firm and golden brown.
- Remove from oven; allow to cool for 2 minutes before slicing.

Salad

- In a jar add the olive oil, balsamic, honey, mustard, salt & pepper and shake well.
- On a platter arrange the rocket, avocado, nectarine, crispy pancetta, blue cheese & almonds. Drizzle with dressing and serve.

Ingredients:

Tart

- 1 sheet Paneton savoury pastry
- 100g Soft Goat's Cheese (Chevre)
- 2 Tbsp olive oil
- 4 small brown onions, peeled, cut into thick slices (1cm)
- Sprigs of fresh thyme
- 4 artichoke hearts, cut into quarters
- 4 eggs
- 1 cup cream
- Salt & pepper

Salad

- 5 ripe nectarines, sliced
- 150g rocket
- 2 ripe avocados, sliced
- 12 thin slices pancetta, pan fried till crispy
- 100g blue cheese, crumbled
- ½ cup almonds, roughly chopped

Dressing

- ¼ cup olive oil
- 3 Tbsp balsamic vinegar
- 1 Tbsp honey
- 1 Tbsp wholegrain mustard
- Salt & Pepper