



Mediterranean Vegetable Puff Pastry Tart



4 servings



25 minutes

INGREDIENTS

1 Sheet of Ready Roll Puff
Pastry

2 Red Onions

1/2 a Courgette

1 Yellow + 1 Red Pepper

2 Cloves of Garlic

8 Cherry Tomatoes

Handful of Basil Leaves

Ricotta Cheese

Chilli Flakes

NOTES

Drizzle with balsamic vinegar for
extra flavour.

Serve with a fresh salad.

DIRECTIONS

1. Pre-Heat your oven to 220 degrees
2. Finely slice the onions and peppers.
3. Half the courgette then slice thinly
4. Half the cherry tomatoes
5. Grate garlic
6. Unroll your puff pastry and score a border 1cm away from the edge around the whole rectangle.
7. Fry the peppers and onions with a pinch of salt.
8. Add courgette, cook until soft.
9. Add the tomatoes and garlic, cook until tomatoes are soft.
10. Add salt, pepper and basil leaves and stir through.
11. Take the pastry out of the oven once cooked and carefully pile the vegetables on top of the pastry.
12. Dot ricotta cheese along the top, sprinkle chilli flakes and enjoy!



Recipe Notes