



## Food Discovery Slow Cooked Onion and Spinach Tart with Lemon, Garlic and Parsley

### Ingredients

200g white onions	1 Lemon
200g red onions	1 Clove of garlic
3 sprigs of fresh thyme	Bunch of parsley
400g spinach	4tbsp of olive oil
Half a packet of ready made puff pastry (Defrost if frozen)	

### Method

- Preheat oven 180c
- Roll out pastry to a 30cm by 15cm rectangle, place on a lined baking sheet prick all over and place in the fridge
- Slice all the onion and fry in a pan on a low heat with the thyme until soft and lightly brown
- Take the pastry from the fridge and spread the onion over the pastry and place in the oven and bake for 15 to 20 mins until the pastry is cooked
- While the tart is in the oven, chop the garlic and parsley finely and place in a bowl adding the grated zest of the lemon and juice, then add olive oil