

Food Discovery Spinach and Onion Tart



Ingredients

- 200g white onions
- 200g red onions
- 3 springs of fresh thyme
- 400g spinach
- Half a packet of ready-made puff pastry (defrost if frozen)
- 1 lemon
- 1 garlic clove
- Bunch of parsley
- 4 tablespoons of olive oil

This recipe is suitable for **vegetarians**.

These tarts are **low in fat, low in salt, cheap to make** (around 50p a portion) and contain **2 of your 5** a day. They contain protein in the form of spinach. For more protein, try adding feta or cheddar cheese to the mixture. Most of the vegetable ingredients can be grown in a window box or garden.

The cooked tarts will keep in the fridge for up to 2 days and can be reheated in the microwave, or better in the oven so they will be crispy. Only reheat once.

Method

- 1) Pre-heat the oven to 180°C.
- 2) Roll out the pastry into a 30cm by 15cm rectangle, place on a lined baking sheet.
- 3) Prick all over and place in the fridge.
- 4) Slice all the onion and fry in a pan on a low heat with the thyme, until soft and lightly brown.
- 5) Take the pastry from the fridge and spread the onion over the pastry.
- 6) Place in the oven and bake for 15 - 20 minutes until the pastry is cooked.
- 7) While the tart is in the oven, chop the garlic and parsley finely and place in a bowl.
- 8) Add the grated zest of the lemon and juice, then add the olive oil.
- 9) When the tart comes out of the oven, mix the spinach with the dressing on the tart.
- 10) Leave to cool for 5 minutes, the spinach will wilt.
- 11) Slice and eat.

If you don't have exactly what is in the recipe try these 'Swaps':

- A hint of spice, like coriander and cumin instead of parsley
- Adding some rocket leaves
- Adding some grated cheese like cheddar for a stronger taste
- Making lots of small tarts instead of a larger one
- If you can't find puff pastry, you could use shortcrust or filo pastry.

For more information on how to make your food shopping go further, try looking at the Love Food Hate Waste website:
www.lovefoodhatewaste.org.uk.