

CARAMELISED ONION TART

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Categories: Dinner Recipes, Lunch Recipes, Vegetarian

Frittata

Occasions: Dinner, Lunch

Diets: Vegetarian



Preparation: **60** mins

Serves: **8** people

INGREDIENTS

- 1 large sheet frozen puff pastry (for quiches), thawed
- 1 tbsp olive oil
- 3 brown onions, halved and sliced
- 500g sweet potato
- 100g reduced fat feta, crumbled
- 4 eggs, lightly beaten
- 1 tbs thyme sprigs
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METHOD

Preheat the oven to 180C. Line a 22cm loose bottom flan tin (round or square) with the pastry, and trim the edges. Line with a sheet of baking paper, and fill with dried beans or rice. Bake for 15 minutes, then remove the paper and beans and bake a further 10 minutes. Cool slightly.

Meanwhile, heat the oil in a large frying pan, and add the onions. Cook over medium heat for 15 minutes, stirring occasionally, until deep golden brown. Peel the sweet potato and cut into 2cm cubes. Steam or microwave until tender.

Fill the tart shell with the onions, sweet potato and feta. Pour the egg over and sprinkle with thyme. Bake for 40-45 minutes, until the egg has set. Serve warm or at room temperature.