



MAY  
2017

## Rustic Fennel and Goat Cheese Tart with Walnut and Fig Green Beans

Light and flaky puff pastry is a game-changer when it comes to impressive weeknight meals. You'll love the crunch of the buttery base that's baked to perfection. We've used it to make a tasty onion and goat cheese tart, and served it with sweet figgy green beans.



Puff Pastry



Green Beans



Fennel



Onion



Rosemary



Walnuts



Fig Jam



Lemon



Goat Cheese

## Ingredients

|                       | 2 People       | 4 People       |
|-----------------------|----------------|----------------|
| Puff Pastry           | 1 pkg (340 g)  | 2 pkg (680 g)  |
| Green Beans, trimmed  | 1 pkg (170 g)  | 2 pkg (340 g)  |
| Fennel, sliced        | 1 pkg (170 g)  | 2 pkg (340 g)  |
| Onion, sliced         | 1 pkg (56 g)   | 2 pkg (113 g)  |
| Rosemary              | 1 pkg (10 g)   | 1 pkg (10 g)   |
| Walnuts, toasted      | 1 pkg (28 g)   | 2 pkg (56 g)   |
| Fig Jam               | 1 pkg (1 tbsp) | 2 pkg (2 tbsp) |
| Lemon                 | 1              | 1              |
| Goat Cheese, crumbled | 1 pkg (½ cup)  | 2 pkg (1 cup)  |
| Olive or Canola Oil*  |                |                |

\*Not Included

## Allergens

- 1) Wheat/Blé
- 2) Soy/Soja
- 3) Treenuts/Noix

## Tools

Baking Sheet, Measuring Spoons, Zester, Large Pan

Ruler

0 in ¼ in ½ in ¾ in 1 in

**Nutrition per person** Calories: 921 cal | Fat: 61 g | Protein: 20 g | Carbs: 85 g | Fibre: 10 g | Sodium: 730 mg

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*



**1 Preheat your oven to 425°F (to bake the tart) and remove the puff pastry from the fridge. Start prepping when your oven comes up to temperature!**

**2 Cook the dough:** Unroll the room-temperature **puff pastry** onto a parchment-lined baking sheet. Use a paring knife to score a ½-inch border around each pastry square (but make sure not to cut all the way through!), then use a fork to prick holes all over the pastry. Bake in the centre of the oven until the crust is lightly golden, 14-16 min. (If you're making a tart for 4 people, use 2 baking sheets – one for each pastry.)



**3 Prep:** Meanwhile, **wash and dry all produce**. Strip a few **rosemary leaves** off the sprig and finely chop **1 tsp** (double for 4 people). Zest, then juice the **lemon**.



**4 Assemble the tart:** Heat a large pan over medium-high heat. Add a drizzle of **oil**, then the **onion** and **fennel**. Cook, stirring occasionally, until golden-brown, 8-10 min. Stir in the **rosemary** and **lemon zest**. Season with **salt** and **pepper**. Divide the **mixture** over the **baked puff pastry** and sprinkle with **goat cheese** and **half the walnuts**. Return to the oven and bake until the crust is golden-brown, 4-5 min.

**5 Cook the green beans:** Meanwhile, add another drizzle of **oil** to the pan, then the **green beans**. Cook, stirring occasionally, until beans are tender-crisp, 4-5 min. Remove from heat, then toss with **fig jam**, **1 tbsp lemon juice** (double for 4 people) and **remaining walnuts**. Season with **salt** and **pepper**.

**6 Finish and serve:** Cut the **rustic fennel and goat cheese tart** into squares and serve alongside the **green beans**. Enjoy!

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