



AUTUMN TART

Prep. time 10 minutes | Cooking 45-50 minutes | Serves 4

A hearty tart of caramelised red onion, squash and kale – perfect for those cool autumn evenings

Ingredients

For the tart base –

- 150g rye crackers
- 50g oats
- 4 tablespoons coconut oil, melted
- 2 tablespoons tahini
- 2 teaspoons mixed herbs

For the filling –

- 1 red onion, halved and sliced
- 1 teaspoon olive oil
- ½ small butternut squash, cut into chunks and steamed until tender
- Large handful shredded kale
- 1 teaspoon paprika
- 1 teaspoon balsamic vinegar
- Black pepper and salt
- 100g Bute Island Original Cream Sheese
- 1 tablespoon cornflour
- 1 teaspoon mixed herbs
- 50g Bute Island Cheddar Style Sheese with Caramelised Red Onion



Cooking Method

Get making!

First make the base: place everything in a blender and whizz up until the crackers have broken down and the mixture comes together. Press into a 20cm loose-bottomed tart tin on the base and up the sides.

Meanwhile heat the oil in a pan and cook the red onion for 5 minutes then add the squash, kale, paprika, balsamic vinegar and seasoning. Cook for a further 5-10 minutes until nicely caramelised.

Whizz up the Cream Sheese and cornflour with 3 tablespoons water and herbs until smooth.

Preheat the oven to 180 degrees C and bake the tart case for 10 minutes. Remove then spread the vegetable mixture over the base. Pour over the blended mixture then scatter over the chunks of Cheddar Sheese.

Bake for 25 minutes until set and golden. Enjoy warm or chill in the fridge once cooled and eat cold.