

Goat's Cheese and fig tart

Ingredients:	Equipment:
2x pre baked pastry bases: 30cm flan tin	Green chopping board
10x small onions	Large kitchen knife
10 x fresh figs	1 large saucepan
2 handfuls chopped spinach	1 medium saucepan
300mls cream	1 large mixing bowl
6 eggs	Small sieve
2 egg yolk	Colander
Freshly chopped herbs	Measuring jug
Salt and pepper	Whisk
	Vegetable peeler

Method:

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| <ol style="list-style-type: none">1. Preheat oven to 220c.2. Peel and slice onions. In small frying pan heat 1 tablespoon olive oil. Cook sliced onion until lightly browned. Reduce heat to mark 4 and slowly cook onion until it caramelizes. About 15minutes.3. Wash spinach leaves spinach leaves and roughly chop.4. Spread the caramelized onion over the base of the pastry.5. Top with spinach leaves.6. Slice goats cheese and place on top of the spinach leaves. | <ol style="list-style-type: none">7. Wash figs and slice in half. Place figs on top of spinach.8. Wash herbs. Chop finely.9. Combine cream, eggs, egg yolk and herbs in a bowl and season.10. Pour into pastry case and bake for 20 minutes until set and golden on top. |
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