

TOMATO AND FETA CHEESE TARTS- SERVES 10

A beautiful, thin, open puff pastry tart, topped with cherry tomatoes and feta cheese. Delicious served warm or cold.



INGREDIENTS	EQUIPMENT	METHOD
350g block puff pastry	Rolling pin	1. Preheat oven to 220°C / fan 200°C/ gas mark 7.
10 tbsp tomato passata	Cutter	2. Roll out the puff pastry to 3mm thickness. Cut into 10 even- sized circles, each the size of a saucer (alternatively leave as a rectangle). Place the puff pastry circles on a greased baking
20 cherry tomatoes	Vegetable knife	
100g feta cheese	Fork	
	Tablespoon	sheet and prick with a fork.
	Chopping board	sheet and prick with a fork.
	Weighing scales	3. Spread each tart with 1 tbsp passata leaving a little gap aroun
	Baking tray	the edges.
ALLERGENS		4 Clica and shares to mate into 2 and mostly among an tag of the
Contains gluten and dairy		4. Slice each cherry tomato into 3 and neatly arrange on top of t
		pastry.
DIETARY COMPONENTS		5. Crumble the feta cheese evenly over the tart.
Dietary fats are essential to give your body energy and to		
support cell growth. They also help to protect your organs and		6. Crimp the edges of the puff pastry using your fingers and thur
keep your body warm. Fats are needed for your body to absor		to create a lip.
some nutrients and are essential in the production of hormo	es	7. Place into the hot oven for 20 mins or bake until golden brow
(chemicals that send messages around our bodies).		
		8. Serve hot or cold.