



Courgette and Feta Cheese Tart

Method:

You'll need:

- 1 block or pre rolled sheet of puff pastry
- 3 green or yellow courgettes
 - 1 white onion
 - 200g feta cheese
- 1 tablespoon dried mixed herbs
 - 1 teaspoon of salt
- 1 teaspoon black pepper
 - 1 tablespoon oil

1. Pre- heat the oven to 180c. If using a block of puff pastry, roll it out to 1/2cm thick. Place on a baking tray with baking paper on the bottom, and, using a fork, prick all over the sheet of puff pastry. This will help cook it evenly and stop the pastry going soggy.
2. Slice the courgette as thin as possible. Peel and slice the onion. Mix the sliced courgette and onion with the feta cheese, salt, pepper, herbs and oil.
3. Evenly spread the vegetable and cheese mix onto the puff pastry sheet. Bake for 25 minutes. The vegetables should be soft and turning brown. The pastry should be crisp on the bottom.