

UPSIDE-DOWN TOMATO TART

INGREDIENTS

- ✦ 1 large roll of puff pastry defrosted over night
- ✦ 1 cup cherry tomatoes
- ✦ 1 cup of olives ,stoned & roughly chopped
- ✦ 1 medium yellow pepper cleaned & cut into small squares
- ✦ 1/3 of a medium sized onion cut into small squares
- ✦ ½ teaspoon crushed garlic
- ✦ 1 teaspoon fresh rosemary roughly chopped
- ✦ 1 teaspoon roughly chopped thyme
- ✦ Pinch crushed black pepper
- ✦ Pinch salt
- ✦ 1 tablespoon olive oil
- ✦ Fresh rocket for garnishing
- ✦ 5-6 cubes of Danish Feta

METHOD

- ✦ Pre heat your oven to 180 degrees Celsius.
- ✦ Lightly grease a muffin tin with spray & cook or rub with oil.
- ✦ In a medium pan place some of the olive oil, once the oil starts to run a lot easier in the pan (meaning it is hot enough) add the peppers, onion, thyme & rosemary.
- ✦ Add the garlic & seasoning, immediately after doing this stir the ingredients together & remove from the heat.
- ✦ Toss in the cherry tomatoes once off the heat.
- ✦ The peppers should have started sweating off, the onions should be slightly translucent & you should be able to smell the garlic & herbs.
- ✦ Place the vegetables into the muffin tins, working on about a tablespoon of the vegetable mix in each holder.
- ✦ Do so until all 12 holders are filled & then evenly distribute the remainder of the mix if there is any left over.
- ✦ Flour a clean work surface & lay out your defrosted puff pastry onto the floured surface.
- ✦ This is very important, DO NOT ROLL OUT THE PUFF PASTRY!
- ✦ If you roll it out, it will not rise/puff up as intended.
- ✦ Using a coffee cup or a ring cutter, cut out 12 rings from the puff pastry.
- ✦ Place the pastry over each individual compartment with the vegetable mix, follow this by tucking in the sides of each one so it holds the filling nicely.