



Double cheese & onion soufflé tart

READY IN



85 min.

SERVINGS



8

CALORIES



393 kcal

Ingredients

- 375 g pastry crust
- 75 g parmesan grated
- 4 tbsp onion
- 50 g butter
- 50 g flour plain
- 300 ml milk
- 3 eggs separated
- 300 g goat cheese soft
- 1 tbsp thyme leaves chopped

Equipment

- frying pan
- baking paper
- oven
- whisk

Directions

- Heat oven to 200C/180C fan/gas
- Roll the pastry out on a floured surface until almost large enough to line a 22cm loose-bottomed tart tin, sprinkle over about a third of the Parmesan, then continue rolling to push the cheese into the pastry. Line the tin with the pastry, leaving any excess overhanging. Line the tart with parchment paper and baking beans and bake blind for 20 mins. Gently remove the paper and beans and bake for a further 10 mins until pale golden and cooked.
- Spread the chutney in an even layer over the bottom of the pastry case, then set aside while you make the filling.
- To make the filling, melt the butter in a pan over a low heat, then add the flour and cook for 2 mins, stirring all the time. Gradually pour in the milk and continue stirring until you have a smooth, thick sauce. Cook for a further 2 mins, remove from the heat and cool for 3 mins.
- Crumble 200g of goats cheese, the thyme and the rest of the Parmesan into the sauce. Beat until cheese melts, then add egg yolks one at a time, beating between each addition.
- Whisk egg whites to stiff peaks, stir 1 spoonful into the sauce and mix, then tip in the rest of the whites and gently fold until well combined.
- Spoon the filling on top of the onion chutney, crumble over the remaining goats cheese, then transfer to the oven and bake for 25–30 mins, until golden and well risen. Allow the tart to cool slightly before trimming the edges and serving, or enjoy cold with a green salad, if you like.

Nutrition Facts



PROTEIN 18.22% **FAT 48.64%** **CARBS 33.14%**

Properties

Glycemic Index:37.5, Glycemic Load:13.4, Inflammation Score:-8, Nutrition Score:13.006087095841%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 393.15kcal (19.66%), Fat: 21.1g (32.45%), Saturated Fat: 12.16g (75.98%), Carbohydrates: 32.34g (10.78%), Net Carbohydrates: 31.07g (11.3%), Sugar: 2.65g (2.94%), Cholesterol: 103.08mg (34.36%), Sodium: 593.31mg (25.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.77g (35.55%), Selenium: 22.09µg (31.55%), Vitamin B2: 0.5mg (29.45%), Phosphorus: 278.58mg (27.86%), Vitamin B1: 0.36mg (24.26%), Calcium: 232.6mg (23.26%), Copper: 0.35mg (17.65%), Iron: 3.04mg (16.87%), Folate: 67.13µg (16.78%), Manganese: 0.33mg (16.64%), Vitamin A: 810.21IU (16.2%), Vitamin B3: 2.54mg (12.71%), Vitamin B12: 0.55µg (9.17%), Vitamin B6: 0.18mg (9%), Vitamin B5: 0.88mg (8.8%), Zinc: 1.28mg (8.52%), Magnesium: 27.18mg (6.79%), Vitamin D: 0.95µg (6.35%), Fiber: 1.27g (5.07%), Potassium: 154.66mg (4.42%), Vitamin E: 0.47mg (3.12%), Vitamin K: 2.65µg (2.52%), Vitamin C: 1.77mg (2.15%)