



## Fig & blue cheese tart

 Vegetarian

READY IN



**220 min.**

SERVINGS



**6**

CALORIES



**741 kcal**

### Ingredients

- ☐ 100 g wholemeal flour plain
- ☐ 175 g butter diced cold
- ☐ 100 g walnut roughly chopped
- ☐ 3 eggs
- ☐ 400 g shallots sliced
- ☐ 1 tbsp thyme leaves fresh
- ☐ 200 ml pot crème fraîche
- ☐ 200 ml double cream
- ☐ 140 g cheese – danish is a vegetarian one blue good

☐ 3 figs with a little oil halved

## Equipment

☐ food processor

☐ frying pan

☐ oven

## Directions

☐ First make the pastry. Tip the flours into a food processor with tsp salt and the diced butter. Pulse until you cant feel any lumps, then tip in the walnuts.

☐ Mix the egg yolks with 3 tbsp cold water, then dribble this into the machine while you pulse again until the pastry comes together. Tip the pastry out onto a floured surface, lightly bring it together into a ball, then roll out and line a deep 20–23cm tart tin with overhang. The pastry may crack, but just patch it back together, then cover and chill for 1 hr.

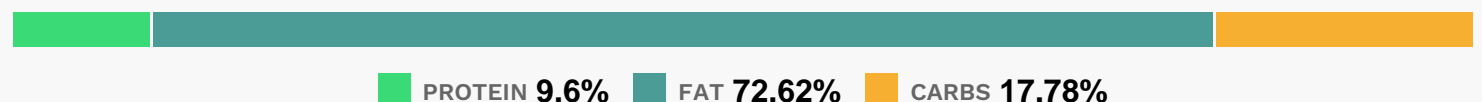
☐ To make the filling, melt the remaining butter in a large pan, then add the shallots and soften for 10–15 mins, until golden and squishy. Stir in the thyme for 1 min, then remove from the heat. Beat the eggs in a jug with the crme frache and cream. Crumble in the cheese and season with pepper and a small amount of salt.

☐ Heat oven to 200C/180C fan/gas

☐ Blind bake the pastry for 20 mins, remove the baking beans and paper, then bake for a further 15–20 mins until golden and sandy. Reduce the oven temp to 180C/160C fan/gas

☐ Add the cooled onions to the cream mixture and pour into the case. Sit the fig halves on top, cut side up, sprinkle with some more thyme and bake on the middle shelf for 1 hr–1hr 10 mins until the tart is browning and has a slight wobble the cheese middle will firm up on sitting. Cool for about 15–20 mins, then remove from tin and serve with a green salad.

## Nutrition Facts



## Properties

Glycemic Index:38.83, Glycemic Load:5.71, Inflammation Score:-9, Nutrition Score:20.992608775263%

## Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 741.09kcal (37.05%), Fat: 61.9g (95.23%), Saturated Fat: 31.79g (198.69%), Carbohydrates: 34.1g (11.37%), Net Carbohydrates: 28.19g (10.25%), Sugar: 12.16g (13.52%), Cholesterol: 232.79mg (77.6%), Sodium: 593.78mg (25.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.42g (36.84%), Manganese: 1.51mg (75.35%), Phosphorus: 410.01mg (41%), Calcium: 409.88mg (40.99%), Vitamin A: 1834.13IU (36.68%), Selenium: 24.75µg (35.36%), Vitamin B6: 0.5mg (24.91%), Fiber: 5.92g (23.69%), Copper: 0.44mg (21.99%), Magnesium: 86.17mg (21.54%), Vitamin B2: 0.34mg (19.78%), Folate: 67.29µg (16.82%), Vitamin B1: 0.24mg (15.71%), Zinc: 2.34mg (15.57%), Potassium: 532.41mg (15.21%), Iron: 2.68mg (14.89%), Vitamin E: 1.68mg (11.21%), Vitamin B5: 1.07mg (10.7%), Vitamin B12: 0.63µg (10.45%), Vitamin C: 8.41mg (10.19%), Vitamin D: 1.14µg (7.59%), Vitamin B3: 1.4mg (6.98%), Vitamin K: 6.54µg (6.22%)