



Sweet Onion Tart with Nettles, Sorrel & Poached Egg

 Vegetarian

READY IN



120 min.

SERVINGS



4

CALORIES



961 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 1 cup chicken stock see
- ☐ 0.8 teaspoon marjoram dried divided
- ☐ 4 eggs
- ☐ 1 clove garlic minced peeled
- ☐ 4 servings coarsely ground pepper black to taste
- ☐ 4 cup nettle leaves fresh boiling drained roughly chopped for a minute (this removes the "sting")

- ☐ 1 tablespoon olive oil
- ☐ 3 cup onions
- ☐ 1 package puff pastry store-bought
- ☐ 1 pinch pepper flakes red
- ☐ 4 servings salt as needed
- ☐ 1 shallots minced
- ☐ 1 cup sorrel leaves roughly chopped
- ☐ 3 tablespoon butter unsalted
- ☐ 1 tablespoon vinegar white

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ ramekin
- ☐ slotted spoon

Directions

- ☐ Add the nettles to the sorrel and set them aside.
- ☐ Heat the olive oil in a large sautÃ© pan set over medium-high heat.
- ☐ Add the shallots and cook, stirring about 3 minutes until they have softened somewhat.
- ☐ Add the garlic and cook another minute of two.
- ☐ Add all the greens to the pan along with the chicken stock. Stew the greens about 20 minutes, stirring often, until the moisture has nearly evaporated. Turn off the heat and set them aside.Preheat oven to 400 degrees F.
- ☐ Lay one sheet of the store-bought puff pastry on the counter in front of you.
- ☐ Sprinkle evenly with ¼ t dried marjoram.
- ☐ Lay the other sheet on top.

- ☐ Roll both sheets together into a rough 16×16 inch square.
- ☐ Cut this into 4 roughly 8×8 inch squares. Rustic shapes are just fine. Move the squares to two parchment lined baking sheets and refrigerate. Melt the butter in a large saute pan set over over medium-high heat.
- ☐ Add the onion and a few pinches of salt. Cook the onion, stirring often, about 3 minutes. Then continue to cook them, undisturbed, until they begin to brown on the edges. Stir the onions and cook another few moments undisturbed to further brown the onions now in contact with the bottom of the pan. Reduce the heat to low and add the bay leaf, red pepper flakes if using and the remaining marjoram. Continue cooking, stirring often, until the onions are lightly golden, about 15–20 more minutes.
- ☐ Remove bay leaf and adjust seasoning. Take the rolled out squares of dough from the refrigerator. Divide the onion mixture evenly between the dough squares leaving a 1-inch or so border. Fold these borders over themselves creating a raised edge. Crimp the dough all around to assure a good seal.
- ☐ Sprinkle the edges of the dough with a little additional salt.
- ☐ Bake until the crust is golden brown about 35 minutes. To serve.
- ☐ Heat the greens over medium heat, stirring often. At the same time bring a pot of water to a simmer over medium heat.
- ☐ Add the vinegar to the water. Crack an egg, keeping the yolk in tact, and carefully pour it into a small ramekin. Dip the ramekin into the simmering water allowing some of the water into the ramekin. Once the egg begins to whiten carefully pour it into the hot water. Use a spoon to gently roll the egg in the water before allowing it to settle to the bottom. Repeat with the other 3 eggs. Cook them 3 minutes and no more. Using a slotted spoon carefully move the eggs to a heated plate. Top each onion tart with a fair amount of the greens, followed by one poached egg per tart.
- ☐ Sprinkle with pepper and serve warm.

Nutrition Facts



 **PROTEIN 8.41%**  **FAT 59.58%**  **CARBS 32.01%**

Properties

Glycemic Index:56.25, Glycemic Load:32.72, Inflammation Score:-10, Nutrition Score:33.012608714726%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 24.37mg, Quercetin: 24.37mg, Quercetin: 24.37mg, Quercetin: 24.37mg

Nutrients (% of daily need)

Calories: 960.89kcal (48.04%), Fat: 63.92g (98.34%), Saturated Fat: 19.31g (120.71%), Carbohydrates: 77.27g (25.76%), Net Carbohydrates: 66.89g (24.32%), Sugar: 7.84g (8.71%), Cholesterol: 188.05mg (62.69%), Sodium: 658.59mg (28.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.29g (40.58%), Vitamin K: 467.42µg (445.16%), Manganese: 1.51mg (75.42%), Selenium: 45.66µg (65.23%), Vitamin A: 2606.55IU (52.13%), Calcium: 502.07mg (50.21%), Vitamin B2: 0.78mg (45.87%), Folate: 175.82µg (43.96%), Fiber: 10.38g (41.53%), Vitamin B1: 0.59mg (39.63%), Iron: 6.2mg (34.42%), Vitamin B3: 6.6mg (32.99%), Phosphorus: 282.71mg (28.27%), Magnesium: 104.94mg (26.24%), Vitamin B6: 0.41mg (20.27%), Potassium: 699.7mg (19.99%), Vitamin C: 15.76mg (19.1%), Copper: 0.33mg (16.49%), Vitamin E: 1.93mg (12.85%), Zinc: 1.86mg (12.37%), Vitamin B5: 0.86mg (8.58%), Vitamin D: 1.04µg (6.92%), Vitamin B12: 0.41µg (6.82%)