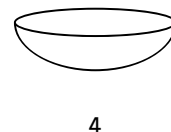
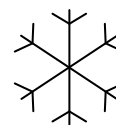
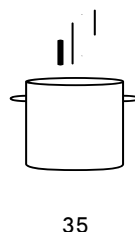
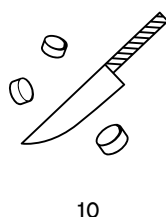




## Pumpkin, Goats Cheese, Red Onion & Thyme Tart

Ahh pumpkin, packed full of all the autumnal feels. Try your hand at our Pumpkin, Goats Cheese, Thyme & Red Onion Tart recipe. Cherish all things autumn with this hearty, soul-warming feast – perfect for sharing with friends and loved ones as the nights draw in!



### Ingredients

½ a small pumpkin peeled deseeded and cut into chunky wedges  
 2 tbsp extra virgin olive oil  
 Salt and pepper  
 A few sprigs of thyme leaves removed and stalks discarded  
 4 red onions  
 1 tbsp The Groovy Food Company Organic Acacia Honey  
 A ready-rolled sheet of puff pastry  
 100g goat's cheese  
 1 egg beaten  
 (To make this tart vegan, simply swap the goat's cheese for a dairy-free version, the honey for another sweetener such as agave nectar, and the egg for a little plant-based milk. Most ready-made puff pastry is suitable for vegans, but be sure to

### Directions

1. Preheat the oven to 180°C. Spread the pumpkin on a lined baking tray, drizzle with olive oil then season with salt and pepper and sprinkle with the thyme leaves.
2. Roast in the oven for a 30 minutes or until the wedges are beginning to brown.
3. While the pumpkin is cooking, prep the onions by thinly slicing them into half-moons and place in a large saucepan with a tablespoon of olive oil and a generous pinch of salt. Cook on a gentle heat for about ten minutes until the onions have softened.
4. Add the honey to the onions and allow to cook for a few minutes until the onions darken and begin to caramelize, at which point take them

check the label.)

- off the heat.
5. Lay the puff pastry out onto a lined baking tray. Spoon the onion mixture all over the pastry, leaving a one-inch border around the edge. Scatter the roasted pumpkin and top with crumbled goat's cheese.
  6. Gently score the one-inch border with a knife and brush with the beaten egg wash.
  7. Pop in the oven and cook for 35 minutes or until the pastry is golden brown and the goat's cheese is beginning to colour.
  8. Remove from the oven and slice up into even squares. Serve with a crusty bread and salad.