



Irish Farmhouse Cheese & Onion Shamrock Tart

with Warm Iona Farm Root Vegetable Salad, Stephen McCormack's Charred Pak Choi, Caramelized Onion & Keogh's Shamrock & Sour Cream Crisps



A rich Irish Farmhouse Cheese & Onion Shamrock Tart, filled with creamy cheddar and caramelized onions, served with a Warm Root Vegetable Salad and Charred Pak Choi. Finished with a crispy touch of Keogh's Shamrock & Sour Cream Crisps for a perfect balance of flavors and textures.

Nutritional Info

(Per portion)

Calories: 1148 kcal
Carbohydrates: 54 g
Protein: 25 g
Fat: 83 g

Ingredients

- Mature Cheddar
- Fresh Cream
- Baby Beetroot - Iona Farm
- Carrot
- Pak Choi
- Red Onion
- Tart Shell
- Eggs
- Keogh's Crisps

Your Pantry

- Olive Oil / Rapeseed oil
- Salt
- Pepper


Allergens

Milk (Cheddar Cheese, Fresh Cream, Crisps)
Wheat (Tart Shell - may also contain traces of Egg and Milk)



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



Cooking Time: 30 min.

Warm Iona Farm Root Vegetable Salad

- 1) *Preheat Oven to 200°C.*
- 2) *Prepare Vegetables: Peel and dice the carrots, beetroot, and onion into small pieces. Keep half the onion to one side to use later.*
- 3) *Roast: Toss vegetables in olive oil, salt, pepper. Roast for 25-30 minutes, tossing halfway through. While the vegetables cook move onto the next step.*

Irish Farmhouse Cheese & Onion Shamrock Tart

- 1) *Prepare Tart Shell: Place the tart shell in a tart pan or baking tray.*
- 2) *Sauté Onions: Caramelize the left over onion in butter over medium heat for 5-7 minutes, season with salt and pepper.*
- 3) *Prepare Filling: Beat the eggs in a bowl & mix with the cheddar cheese & 100ml of cream per person. Season with salt & pepper*
- 4) *Assemble Tart: Spread caramelized onions in the tart shell base. Then pour over the cheese, egg & cream mixture. Being careful not to overflow the edge of the shell.*
- 5) *Bake: Bake for 25-30 minutes until golden and set. Let cool slightly before serving.*

Stephen McCormack's Charred Pak Choi

- 1) *Prepare Pak Choi: Wash & trim the base off the pak choi.*
- 2) *Char: Heat a pan with oil and char the pak choi for 2-3 minutes until slightly crispy..*
- 3) *Serve: Set aside for serving.*

Assemble the Dish

- 1) *Serve the tart with the Warm Iona Farm Root Vegetable Salad & Stephen McCormack's Charred Pak Choi on the side.*
- 2) *Finish with a sprinkling of crushed Keogh's crisps*

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.