

# Beetroot & red onion tarte tatin

1231.00g / Portions: 6 / Per Portion: 205.17g

Try this vegan tart for a show-stopping centrepiece. The bold red of beetroot against the vibrant green salad also makes it ideal for a meat-free celebration- <https://www.bbcgoodfood.com/recipes/beetroot-red-onion-tarte-tatin>

## Ingredients






Item	Qty	Unit
Beetroot, raw	400	g
Red onion	1	each
Olive oil	3	tbsp
Soft brown sugar	2	tbsp
Rice wine vinegar	2	tbsp
Star anise	2	each
Flour, for rolling	0	g
puff pastry	500	g
Orange, zested	1	each
Salad to serve		

## Timing

Prep Time:	00:10
Cook Time:	01:20



## Allergens

Gluten (Undefined) 	(Flour, for rolling)
Wheat 	(Flour, for rolling) (puff pastry)
Peanuts 	(Rice wine vinegar)
Sesame 	(Rice wine vinegar)
Nuts (Unspecified) 	(Rice wine vinegar)

Nutrients	Portion	100g
Energy	517.74kcal	252.35kcal
Salt	0.56g	0.27g
Fat	31.24g	15.23g
Saturated fat	12.58g	6.13g
Carbohydrate	49.75g	24.25g
Sugar	13.76g	6.71g
Protein	8.69g	4.23g
Fibre	2.97g	1.45g

## Method

### STEP 1

Heat oven to 200C/180C fan/gas 6. In a bowl, toss the beetroot and onion in 2 tbsp of the oil, the vinegar and sugar. Add the star anise and season well. Heat the rest of the oil in a large, ovenproof non-stick frying pan, then nestle in the veg so that they cover the surface of the pan. Cover with foil and cook in the oven for 45 mins.

### STEP 2

On a well-floured surface, roll the pastry to a thickness of 0.5cm and cut out a circle the same size as your frying pan. Carefully take the pan out of the oven, remove the foil and wiggle the beets and onion around in the pan to make a compact layer. Put the pastry on top, tucking it in all around the edges, then return the pan to the oven and bake for 35 mins or until the pastry has puffed up and is a deep golden brown.

### STEP 3

Slide a palate knife around the edge of the tart, then put a plate on top of the pastry, serving side down. Flip the pan over to turn the tart out onto the plate – be careful not to burn yourself with the handle. Top with the orange zest and a sprinkle of sea salt, then serve with a peppery salad on the side.

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