

# Upside Down Vegetable Tart

## Ingredients

1 yellow or red onion	Salt and pepper to season
1 red or yellow bell pepper	1 sheet of all-butter puff pastry
250g ripe mixed-colour cherry tomatoes	2 medium mozzarella balls
2 medium zucchini	Fresh basil
4 sprigs of fresh oregano	Balsamic glaze
1 tablespoon of olive oil	



## Method

Preheat oven to 180c

Chop the zucchinis and bell peppers into bite sized pieces

Cut the onion into quarters (or eighths if large) and separate into petals

Sprinkle over the fresh oregano pinching it between your fingers to release the fragrance and oil

Season well with salt and pepper and drizzle over some good olive oil

Toss well with your hands to coat the vegetables

Roast in oven for 50 minutes

When cooked remove the tray from the oven and drain off any excess fluid

Push the vegetables away from the sides toward the centre of the pan

Cover with a square of butter puff pastry tucking it under as much as possible so no vegetables are visible

Bake a further 30 minutes or until pastry is golden

Use a spatula to loosen the edges and using a board and a tea towel flip the baking tin over

Give a tap and gently lift off the tin – it should come away easily

Break up pieces of the mozzarella balls and tuck in between the vegetables

Sprinkle with some torn basil leaves and drizzle with balsamic glaze or thick vinegar