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BETROOT, CARROT & CARMELISED RED ONION TART

with Louisa's Citrus Honey

INGREDIENTS

This is a relatively easy tart that comes together quickly. You can dice the beetroot into brunoise or simply grate. Use home made or shop bought tart cases. Fill just before serving.

- ⬡ 250g of beetroot
- ⬡ 100g of carrot
- 🐝 1 tbsp of Louisa's Citrus Honey
- ⬡ 150g of red onions
- ⬡ 1 ½ tbsp of aged balsamic vinegar
- ⬡ 2 tbsp oil
- ⬡ Smoked sea salt to taste
- ⬡ Pinch of black pepper

[method overleaf...]

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METHOD

- Slice the red onions
- Add 1 tbsp of oil to a non-stick pan and place over medium heat. Add the onions with a pinch of salt and cook gently until caramelised; remove from pan and set aside
- Peel and grate the beetroot and carrot
- Add 1 tbsps of oil to a pan and gently cook the beetroot and carrot until cooked. Season with salt and black pepper
- Add the caramelised onion, honey and balsamic vinegar. Cook for another 1 - 2 minutes. Remove from heat and set aside.
- Fill a tart shell and top with whipped cream cheese and goats cheese seasoned with salt and pepper.
- Finish with a drizzle of Louisa's Citrus Honey and garnish with some fresh flowers and micro herbs.

