

Onion & Goats Cheese Tart

Ingredients

- 1 Ready-made frozen pie tart ready for filling
- 5 medium size sweet onions
- 2 eggs
- 1/2 cup extra virgin olive oil
- 1/2 cup soft goat cheese
- 2 cups cold water
- 2 oz. finely shaved Parmesan cheese
- Sea salt and pepper to taste

Directions:

1. Peel and slice the onions into circles and then halves. Place in a large frying pan with the olive oil, 1 cup of cold water, and salt and pepper to season. Slowly cook on low heat for at least 30 minutes. Stir and add a little water to ensure the onion doesn't dry out and that it becomes very soft and almost caramelized. Once cooked set aside to cool.
2. Heat oven to 350 degrees.
3. Lightly beat the eggs in a bowl and once onions are well cooled add to the eggs and mix together.
4. Pour the egg and onion mix into the ready-made pie dish.
5. Chop the goats cheese into small cubes and spread over the top of the onion mixture, pressing lightly into the mixture.
6. Sprinkle the tart with parmesan and cook in the preheated oven for 25-30 minutes or until golden brown on top.
7. Let the dish stand for 5-8 minutes before serving.