



CARAMELISED ONION AND FETA TARTS

<https://www.mainland.co.nz/recipe/caramelised-onion-and-feta-tarts.html>



Prep Time

5 MINS

COOKING Time

40 MINS

SERVES

24

These cute little tarts may be small but they're definitely big on taste. The combination of Crumbly Mainland Feta and caramelised onion will establish these as party favourite.

Ingredients

- 24 store-bought small savoury tart cases
- 8 – 12 cherry tomatoes, chopped into quarters
- 50g Mainland Feta Cheese

Caramelised onion

- 2 Tbsp olive oil
- 2 large onions , thinly sliced
- Salt and freshly ground black pepper
- 1 Tbsp balsamic vinegar
- 1 Tbsp brown sugar
- Fresh thyme leaves + extra to serve

Method

1. Firstly prepare the caramelised onion. Heat the oil in a large frypan over low heat. Add the onions and a good pinch of salt and cook slowly for 15 - 20 minutes, stirring occasionally to prevent sticking.
2. When the onions are soft and starting to turn a light golden brown add the balsamic and sugar. Continue to cook over a low heat for a further 5 - 10 minutes, stirring occasionally, until sticky and caramelised. Stir through a small handful of thyme leaves and remove from the heat. Season with black pepper and set aside.
3. To prepare the tarts place the empty cases out on a work surface. Using 2 teaspoons, almost fill the cases with some caramelised onion. Top each tart with tomato pieces and a good crumble of feta cheese. Finish with a sprinkle of thyme leaves and set on a platter to serve.