



Savory Pumpkin and Caramelized Onion Tart

20'
Hands on

100'
Cook Time

10-12
Portion(s)

1
Difficulty



Ingredients

- 1 [prepared tart dough](#)

For filling

- 500 g pumpkin, clean from rind, pulp and seeds and cut into 1 cm cubes
- 2 tbsps. olive oil
- 2 tbsps. butter
- 1 large onion, sliced into rings
- 1 tsp. salt
- pinch of sugar
- 1 cup various cheeses, melted
- 1 ½ tps. sage, finely chopped

Διατροφικός πίνακας

Nutrition information per portion

345 Calories (kcal)	25.0 Total Fat (g)	14.0 Saturated Fat (g)	23.0 Total Carbs (g)
17%	36%	70%	9%
2.4 Sugars (g)	6.8 Protein (g)	1.7 Fibre (g)	0.61 Sodium (g)
3%	14%	7%	10%

Method

Photo credit: G.

Drakopoulos

- Preheat oven to 180* C (350* F) Fan.
- Toss the pumpkin with the olive oil, ½ teaspoon. salt and a generous amount of pepper. Spread out on a [baking pan](#). Bake for 30 minutes or until soft.
- In the meantime prepare the caramelized onions. Combine the onion and butter in a small [saucepan](#). Add the remaining salt, pinch of sugar and 1 tablespoon of water. Sauté for 20-30 minutes over low heat until caramelized, but without allowing them to brown.
- Combine the onions, pumpkin, cheese and aromatics in a bowl. Set aside to cool completely.
- Place the tart dough into a [28 cm round baking pan](#). Pierce the base with a fork to create small holes. Place the filling into the center of the tart dough. Spread outward but leave 2 cm from the edge of the tart without any filling, all the way around.
- Fold the edges of the dough over to cover the outer part of the filling. The middle will stay uncovered.
- Bake at 200* C (390* F) for 30-40 minutes.
- Allow to cool for 5 minutes. Slice and serve.