

Cheesy Caramelised Onion Tarts

Prep 10 mins | Bake 15 mins | Makes 12

GF* NF* SF* OF*

Creamy cashew cheese, maple caramelised onions, all encased in a light puff pastry case. Serve them with a crunchy green salad alongside, for an easy glam al fresco lunch.



- 3 sheets vegan puff pastry
- fresh thyme

Caramelised Onions

- 1 red onion, thinly sliced
- 2 tbsp maple syrup
- 1 tbsp balsamic vinegar

Cashew Cheese

- ½ c cashews, soaked overnight or in boiling water for 5-10 mins
- ¾ c water
- ¼ c nutritional yeast
- juice of ½ lemon
- 1 tsp salt
- 1 tsp garlic powder
- ½ tsp turmeric

- 01 Preheat the oven to 180°C fan bake.
- 02 Heat a little olive oil in a large pan on low, then add the onions, maple, and balsamic. Sauté stirring regularly for 5-10 minutes until soft and caramelised.
- 03 Blend the cheese ingredients in a small blender for 1 minute until super smooth with no cashew lumps.
- 04 Cut each pastry sheet into four squares, place them into a 12-hole medium muffin tin, then fold over the edges to create a case. Spoon the cheese into the cases (around 3 tablespoons each), then top with a spoonful of onions. Bake for 15 minutes until golden and puffy.
- 05 Remove, top with fresh thyme, then serve immediately with a big crunchy green salad. Will freeze for up to 2 months (defrost on the bench, then reheat gently in the oven for 10 minutes).

* See the Notes section inside Cooking School for dietary substitutions, tips, and more.