

Savoury Cheese & Onion Tartlets

Serves 4

METHOD:

1. Preheat oven to 180 C/ 350 F/ Gas 4. Place onions in a saucepan and add 1tbsp of spread. Cover and cook over a low heat for 10 minutes. Stir in garlic, parsley, sugar and vinegar and cook uncovered for 10 minutes.
2. Cut each pastry sheet in two and brush with remaining melted spread. Line 4, 10cm/ 4in loosebottomed tins with two sheets of pastry, scrunching edges to form a rim.
3. Bake for 6 minutes, remove from the oven. Turn upside down and cook for a further 5 minutes.
4. Remove from oven, place correct way up. Spoon onion mixture and cheese triangles into each pastry case. Cook for 10 minutes, covering with foil. 5. Season and garnish with salad leaves and parsley.



INGREDIENTS:

450g/1lb red onions, sliced
3tbsp reduced fat spread, melted
1tbsp/15ml ready chopped garlic
1tsp chopped parsley
1tbsp reduced calorie sugar
2tbsp red wine vinegar
4 sheets filo pastry
140g packet (8 portions) The Laughing
Cow® Light Cheese Triangles, halved

To Serve

A few salad leaves to serve
Parsley sprig to garnish
Sea salt and black pepper