

Tomato and Vegan Cheese Puffs



Children will love making these seasonal tarts and learn new skills as they cook, including slicing and grating. They're ideal for lunch, an evening meal or a picnic in the garden or local park.

SKILLS Slicing tomatoes using the bridge and claw methods, grating cheese, cutting pastry and smelling and tearing basil

MAKES 6 tarts

TAKES 15 minutes to make and 20 minutes to cook

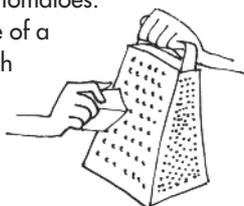
INGREDIENTS

- 12 ripe, cherry tomatoes
- 90g vegan cheese – we love Violife
- 320g puff pastry sheet
- 6 small pinches of dried oregano, or about 12 fresh basil leaves

KIT table knife, chopping board, grater, baking tray

METHOD

- 1 Turn the oven on to 200°C/400°F/gas mark 6 and cut a piece of baking paper to fit a baking tray. Using the bridge cutting technique, cut the tomatoes in half – hold a tomato between your thumb and finger on a board and put the knife under the bridge and cut downwards. Repeat with the other tomatoes.
- 2 Grate the cheese – hold the handle of a grater with one hand and then push the cheese downwards over the grater teeth. Always keep your fingers away from the grater teeth as they're very sharp!



You might think tomatoes are a vegetable, because they taste savoury – but they're actually a fruit!



Tomatoes are at their best around this time of year and come in all shapes and sizes, from tiny cherry tomatoes that can be eaten like sweets, to the large beefsteak variety, which are perfect sliced onto veggie burgers and into salads. Tomatoes are packed with vitamins and are delicious whether you're eating them raw in things like sandwiches and salsas, or cooked in sauces, soups, and tarts. A great tip is to store tomatoes at room temperature, or to take them out of the fridge half an hour before eating them, which helps them taste their very best.



- 3 Cut the pastry sheet into 6 even squares – start by cutting it in half down the middle (lengthways) and then cut each half into 3. Sit the pastry squares on the baking paper on the tray.
- 4 Spoon a tablespoon of grated cheese on each of the pastry squares, put the tomato halves cut side facing upwards down the middle from one corner to another. Sprinkle over the herbs and a little freshly ground black pepper.
- 5 Pick up 2 opposite corners of a pastry square and fold over in the middle, sitting one corner of the pastry on top of the other and press to make sure that they seal together. Repeat with the other pastry squares.
- 6 Using oven gloves put the tray into the oven for 20 minutes until the pastry is cooked and golden. Leave to cool slightly, eat while still warm.

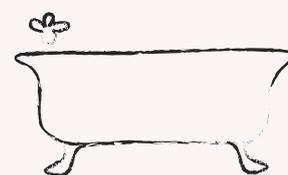


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Did you know?

It can take about 30 bathtubs of water to produce just one beef burger!



#MeatFreeWithTheFamily