PUMPKIN AND CARAMELISED ONION TART

I quantity of short crust pastry or 2 sheets frozen pastry

3 onions, sliced

50ml olive oil

1 tbsp brown sugar

2 tbsp balsamic vinegar

750 gm pumpkin, grated

50 ml olive oil

2 tbsp fresh thyme, chopped

2 eggs

100 gms parmesan, grated

Preheat oven to 190C.

Line a 24cm round fluted tart tin (I used a longish rectangular one) with pastry and blind bake for approx. 10 mins.

Heat olive oil in a heavy based pan, add onions and sprinkle with sugar and balsamic vinegar. Cook on low/med heat, stirring occasionally to prevent burning, for approx. 20 minutes until the onions are soft, sweet and caramelised. Set aside.

In a large pan, heat remaining olive oil, add grated pumpkin and thyme and cook, stirring, over low heat until pumpkin is just cooked. In a large bowl, beat eggs lightly, then add pumpkin, 3/4 of the onions and 75gms of the parmesan. Fill the pastry with this mixture, sprinkling the top with the remaining onions and parmesan.

Bake at 190C for 25-30 minutes. Let stand out of the oven for 10 minutes, before slicing and serving.