

Thin tart with zucchini and Prosciutto, caramelized onions, Parmesan shavings and arugula leaves

Recipe for 4 servings



Description

Crispy puff pastry topped with caramelized onions and fresh thyme, topped with Zucchini and Prosciutto, as well as shavings of Parmigiano Reggiano and arugula.

Note

You can decorate your thin tarts with a dash of reduced balsamic vinegar which will create a color contrast, and bring a welcomed touch of acidity.

Ingredients

For the thin tart

- 0.50 Unit(s) Sheet of puff pastry
- 1 Unit(s) Egg
- Butter
- Salt and pepper
- Olive oil

Garnish

- 200 Gr Onion
- 2 Sprig(s) Thyme
- 200 Gr Zucchini
- Butter
- Salt and pepper
- Olive oil

Finish

- 4 Slice(s) Prosciutto
- 40 Gr Parmigiano reggiano
- 1 Handful(s) Arugula leaves
- 4 Dash(es) Balsamique caramel
- Butter
- Salt and pepper
- Olive oil

Preparation

- Preparation time **30 mins**
- Preheat your **Oven** at **400 F°**

General preparation

Slice the onion and zucchini.

Use a vegetable peeler to make Parmesan shavings.

Finely chop the thyme leaves and garlic.

Caramelized onion preparation

Caramelized onions

In a non-stick frying pan, drizzle olive oil and sauté onions with chopped thyme and a pinch of salt over medium heat, stirring constantly, until onions caramelize, 15 to 20 minutes. Add a little olive oil if the onions start to stick to the pan.

Zucchini

In a hot frying pan with olive oil and a knob of butter, brown the zucchini slices, seasoning with salt and pepper. Be sure to keep a pu of crunch, we're talking two or three, going back and forth in the pan.

Thin tart preparation

Using a pastry cutter, cut out four circles or rectangles of puff pastry and place them on a baking sheet lined with parchment paper.

Break the egg into a bowl and whisk. Brush the egg over the puff pastry, add a sheet of parchment paper on top and a baking tray and bake for 15 to 20 minutes, until golden. When removed from the oven, place a few caramelized onions on top of the tarts, followed by a few slices of zucchini. Bake for a further five minutes to reheat.

To serve

Place the thin tarts on your plates and serve with a few arugula leaves, a slice of Proscuitto and shavings of Parmesan.

Finish the plate with a drizzle of Balsamic caramel.

Bon appétit!