

Open pear tart with hazelnuts & chocolate ganache

Ingredients: (Serves 4)

1 sheet frozen puff pastry, removed from freezer just prior to starting the recipe
1 pear, thinly sliced
1 egg, lightly beaten
1 Tbs brown sugar
¼ tsp ground cinnamon
⅓ cup hazelnuts, toasted and roughly chopped
Chocolate ganache:
100g dark chocolate
85g cream
30g butter
Pinch salt

Method:

1. Preheat oven to 190C. Line a baking tray with grease-proof paper. Remove any packaging from pastry and lay in the centre of the tray. Carefully arrange pear slices in a line, slightly overlapping. Repeat with the remaining pear slices next to the first so you have two rows. Use a paring knife to score lines marking a rectangle directly around the pear. Cut a rectangle 2cm around the outside of the pear. You should be left with a pastry rectangle with a 2cm border, encasing a rectangle of pear slices.
2. Paint edges with beaten egg. Sprinkle 1 tbs brown sugar and cinnamon over pears. Transfer to oven and bake for 15-20 minutes or until pastry is golden and pear has softened.
3. Remove tarts from oven. Serve immediately with hazelnuts and chocolate ganache

Nutrition Information (per serve):

Energy:	1423kj (340cal)				
Protein:	5.7g	Sodium:	252mg		
Fat:	19.2g	Sat Fat:	7.2g		
Carbohydrate:	35.7g	Sugar:	15.4g	Fibre:	3.2g