

# Vegan Onion Tart



*Do you also love the smell of fried onions? Together with Thyme and Oregano? Doesn't it bring back memories of long and hot summer nights in South France?*

*Well – here is the vegan version of a French onion tart, so you can bring back your French memories any time plant based.*

## Ingredients

1 pack of vegan short crust pastry  
2 tablespoons olive oil  
4 large onions, very thinly sliced.  
1 tablespoon sugar  
Herb salt  
Black pepper  
200 g Tofu, drained  
1 tablespoon Thyme and Oregano  
(fresh best, dried also works)  
4 tablespoons nutritional yeast  
1 teaspoon wholegrain mustard  
2 Garlic cloves  
Cayenne pepper

## Instructions

- Peel the onions and slice them as thinly as you can. Fry them in a pan with 2 tablespoons of olive oil together with the sugar and the herb salt for approx. 20 minutes with medium heat, until they are nicely soft and light brown. Stir them regularly. Add Thyme and Oregano.
- Drain the tofu by pressing it in a sieve. In a blender add the drained tofu, garlic cloves, mustard, nutritional yeast, cayenne pepper, herb salt and black pepper, and blend it to a smooth paste.
- Add the paste to the onions, mix well.
- Preheat the oven to 200C top and lower heat.
- Place a sheet of baking paper in a pan and put the short crust pastry on top of it, don't worry about overhanging edges.
- Fill the onion-tofu filling on top of the pastry and "close" the tart with the overhanging edges. Bake it in the oven until brown, approx. 25 minutes.
- Let it cool down for around 20 minutes. Enjoy it warm or cold – it also tastes great the next day. Goes very well with a glass of wine!