

Mini camembert-courgette tartlets

Total time **32 mins** 10 mins preparation time 22 mins cooking time

Nutritional facts (per portion):
3,021 kJ / 722 kcal

Fat: **49 g** Protein: **28 g**
Carbohydrates: **42 g**

INGREDIENTS

2 portion(s)

100 g	camembert
180 g	courgette
50 g	red onion
3	eggs
2 tbsp	Greek yoghurt
2 tbsp	<u>Kikkoman Naturally Brewed Less Salt Soy Sauce</u>
2 tsp	sriracha
1 tsp	fresh thyme, chopped
150 g	puff pastry

PREPARATION

Step 1

100 g camembert - **180 g** courgette - **50 g** red onion

Cut the camembert into strips. Slice the courgette into half-moons and the onion into thin slivers.

Step 2

3 eggs - **2 tbsp** Greek yoghurt - **2 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce - **2 tsp**

sriracha - **1 tsp** fresh thyme, chopped

Whisk the eggs with the Greek yoghurt, Kikkoman Less Salt Soy Sauce, sriracha and thyme.

Step 3

150 g puff pastry

Line four 10 cm tartlet tins with the pastry and prick the bases. Add the vegetables, pour in the egg mixture and arrange the camembert on top. Bake for 22 minutes at 210°C (top and bottom heat). Cool on a rack, remove from the tins and transfer to a lunchbox.