



TART WITH COURGETTE AND FOODBOLÓWKI

INGREDIENTS:

1 packaging Foodbolówki sausages
1 packaging tart pastry
1 courgette
2 onions
2 cloves garlic
4 eggs
200 g sour cream (22%)
100 g cheddar cheese
1 tablespoon chopped thyme
salt, pepper
butter to spread on the tart pan
frying oil

PREPARATION:

1. Preheat the oven to 180°C. Grease the tart pan with butter and spread the pastry. Use a fork to make holes in the pastry, then place it in the oven for 5-8 minutes initial baking.
2. Peel and slice the garlic and the onion. Cut the courgette into small pieces. Heat oil in the frying pan. Add vegetables and fry until slightly soft.
3. Crack the eggs in a bowl, then mix them with the sour cream. Add grated cheese and chopped thyme. Season to taste with salt and pepper.
4. Put fried vegetables on the pre-baked tart bottom. Put sausages on top. Pour egg mixture. Place in an oven for about 30 minutes until the stuffing egg has set, and the top is nice and brown. Tart is best served warm with the addition of your favourite cup of soup or salad.