

Greek-style stuffed tomatoes



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Preparation: about 30 minutes
Cooking: about 1 hour
Serves: 10

10 medium vine-ripened tomatoes
1 tbs olive oil + olive oil spray
1 medium onion, finely chopped
2 garlic cloves, finely chopped
1 ½ cups cooked long grain rice*
¾ cup flat-leaf parsley, chopped
½ cup mint leaves, roughly chopped
75g feta cheese, crumbled
Salt and ground black pepper
Olive oil cooking spray

** For ease, use a 450g packet of 2 ½ minute rice, cooked following packet directions and cooled*

1. Preheat oven to 180°C/160°C fan-forced. Slice 1cm from the stem end of each tomato and reserve tops. Using a teaspoon, scoop out pulp. Discard seeds and roughly chop pulp. Pat dry tomato cavities using paper towel.
2. Heat 1 tbs oil in a medium frying pan over medium heat. Add onion and garlic and cook, stirring occasionally, for 3 minutes or until onion is tender. Add cooked rice, tomato pulp, parsley, mint and feta. Season with salt and pepper to taste. Stir to combine. Remove from heat.
3. Evenly spoon rice mixture into tomatoes. Arrange tomatoes in a large baking pan lined with baking paper. Place reserved tops on tomatoes. Spray with oil and bake for 45-50 minutes until tender. Serve warm or at room temperature.



Tomatoes

- The richest food source of lycopene, a member of the carotenoid family which is important for the health of the prostate gland. The redder the tomato, the higher its lycopene content.
- An excellent source of vitamin C, which the body uses to defend itself against infection.