

# Feta & herb stuffed tomatoes



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### Ingredients:

10 medium ripe tomatoes  
1 1/2 tsp caster sugar  
1 tbs olive oil (+olive oil spray)  
1 medium onion, finely chopped  
2 garlic cloves, crushed  
2/3 cup long grain rice  
1/2 cup roughly chopped flat-leaf parsley leaves  
1/3 cup roughly chopped mint leaves  
75g feta cheese, crumbled  
salt and ground black pepper

### Health benefits:

#### Parsley

Parsley is high in fibre, vitamin C and the powerful antioxidant beta-carotene, which is converted to vitamin A in the body.

Parsley also contains some calcium and iron.

### Method:

1. Preheat oven to 180°C. Slice about 1cm from each tomato base and reserve bases. Using a teaspoon, scoop out tomato pulp (without damaging skin) over a bowl, reserving pulp and juice. Lightly sprinkle tomato cavities with 1 tsp sugar and set aside.
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 soft. Add rice, stir well to coat in oil and cook, stirring constantly, for 2 minutes.
3. Add tomato pulp to rice and stir to combine. Cover and simmer, stirring often, over medium-low heat for 5 minutes. Add remaining sugar, parsley, mint and feta and gently stir to combine. Remove from heat.
4. Pat tomato cavities with paper towel to dry. Evenly spoon rice mixture into tomatoes and top with reserved tomato bases. Lightly spray or brush with olive oil. Place tomatoes into a large greased baking dish and bake for 40–45 minutes or until rice is tender. Serve warm as a side dish or with crusty bread for a light meal.

**Makes:** 10

**Preparation:** 40 minutes

**Cooking:** 55-60 minutes

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