

Roasted cherry tomatoes with parmesan crumbs



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Preparation 10 mins | Cooking 12-15 mins | Serves 4 as a side dish

- 1/3 cup panko* breadcrumbs
- 2 tbs finely grated parmesan cheese
- 1 tbs olive oil
- 200g tomato medley and/or truss tomatoes
- Oil cooking spray

* Panko breadcrumbs are crisp Japanese style breadcrumbs available from most supermarkets in the Asian food area.

STEP 1 Preheat oven to 200°C fan-forced. Combine breadcrumbs, cheese and oil in a small bowl.

STEP 2 Place tomatoes on a baking tray lined with baking paper. Spray tomatoes with oil and sprinkle with breadcrumb mixture. Roast for 12-15 minutes or until tomatoes are very tender and breadcrumbs are golden and serve.

Good for you... **TOMATOES**

Tomatoes are 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.

