

Stuffed tomatoes with feta & rice



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Preparation: about 30 minutes

Cooking: about 1 hour **Makes:** 8

8 medium vine-ripened tomatoes

1½ tsp caster sugar

1 tbs olive oil (+olive oil spray or extra oil for brushing)

1 medium onion, finely chopped

2 garlic cloves, crushed

⅔ cup long grain rice

½ cup flat-leaf parsley leaves, roughly chopped

75g feta cheese, crumbled

ground black pepper

1. Preheat oven to 180°C. Slice tops (stem-side) off tomatoes. Set tops aside. Using a teaspoon, scoop out tomato pulp (without damaging skin) and place in a bowl. Roughly chop pulp. Lightly sprinkle tomato cavities with 1 tsp sugar and set aside.
2. To make stuffing, 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. Add tomato pulp and remaining ½ tsp sugar to rice and stir to combine. Cover and simmer, stirring occasionally, over low heat for 10–12 minutes or until rice is almost tender. Stir in parsley and feta. Season with pepper. Remove from heat.
3. Pat tomato cavities with paper towel to dry. Evenly spoon rice mixture into tomatoes and top with tomato tops. Lightly spray or brush with olive oil. Place tomatoes into a large greased baking dish and bake for 35–40 minutes or until tomatoes are tender. Serve warm as a side dish or with crusty bread for a light meal.



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.

Store the stuffed tomatoes in an airtight container in the fridge for up to 3 days. Bring to room temperature before serving for best flavour.